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PAGES 8 & 9

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Downtown BIZ executive director Stefano Grande looks out the window of the Winnipeg Trolley Company's streetcar-inspired tour bus, which will be giving tours of downtown Winnipeg this summer along with several other tours cooked up by BIZ employees. SHANE GIBSON/METRO

Winnipeg BIZ highlights the heart of the city

Summer tours. Focus for excursions ranges from crime and cuisine to drink and design

Personal approach

"Rather than just putting an ad in the paper ... we want to pull people by the hand and actually show them what's going on downtown."

Downtown BIZ executive director Stefano Grande

SHANE GIBSON
shane.gibson@metronews.ca

Downtown Winnipeg BIZ is giving locals the chance to be hometown tourists this summer with a series of tours through the downtown, putting the spotlight on hidden gems, historic sites and unique spots to stop for food and drink.

The seven tours — including one that looks at the city's criminal history, another that gives a peek at rooftop gardens and, of course, one that acts as a pub crawl — were developed by BIZ employees based on the parts of the downtown they find most interesting.

"Obviously we're very intimate with all the cool places to hang out and things to do … and we want to showcase to people why we love the downtown and what it has to offer," said Downtown BIZ executive director Stefano Grande.

The first tour — a bike trip between stops to nosh at restaurants such as The Old Spaghetti Factory, Don Pedro's and Rudy's Eat and Drink — gets underway on June 19 at 5 p.m.

Other tours include a night exploring restaurant wine lists followed by a stay at Hotel Fort Gary; a tour of the city's newest bike routes, which runs from the downtown to Birds Hill Park and back for a cold beer; and a self-guided tour of businesses with interesting interiors and exteriors, as picked by the Commerce Design Winnipeg contest.

Learn more

All the information on the BIZ tours can be found at downtownwinnipegbiz.com

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NEWS 1

Public to weigh in on future of Sherbrook Pool

Nostalgia? Councillor says there is money to reopen historic facility

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city committee has chosen to conduct broad public consultations on Sherbrook Pool, despite pleas from supporters to spend about $2.5 million to get it reopened quickly.

The pleas came from several citizens who spoke to councillors during Tuesday morning's property and development committee meeting at city hall.

Lionel Steinam said he first learned to swim at Sherbrook Pool in the 1940s and, until it was closed last November, used the pool on the advice of his physician.

"Since I retired, I've been using Sherbrook Pool on a regular basis," said the 72-year-old.

"When I go to my cardiologist ... he asks me if I'm still swimming, it's an essential part of my health regimen."

Coun. Harvey Smith (Daniel McIntyre) said he believes the city already has funds it can tap to make the reopening of the pool a reality, such as his ward's portion — more than $200,000 — of the dispersed $7 million that was earmarked for the unsuccessful water park bid.

Smith said another $200,000 has been committed from Mayor Sam Katz through his civic initiatives fund.

Committee chair Coun. Jeff Browaty (North Kildonan) said this is a "good opportunity" to find out what the needs of the community are.

"Let's figure out everything that needs to be done and do it right, so that we're not doing some work now and then having the HVAC system break down," he said.

Committee chair's take

- Asked directly by Metro if he supports reopening the pool, Committee chair Coun. Jeff Browaty referenced some people's calls for an entirely new facility and filmmaker Guy Maddin's My Winnipeg.
- "I want to do what's right for the community, even if that costs a lot more money, even if it's a $15 to $20 million pool. I know there's a lot of nostalgia with the old building, (but) there aren't multiple levels of this pool, there are not two pool levels underground, just as Winnipeg is not the sleepwalking capital of the world, apologies to Guy Maddin," he said.

Lionel Steinam said he first learned how to swim at Sherbrook Pool in the 1940s and now goes for his cardiac health. BERNICE PONTANILLA/METRO

P3 plan for police station abandoned

The chair of the city's property and development committee said a decision to purchase a police station outright instead of pursuing the much vaunted P3 option "made sense" when it came to dollars and cents.

Coun. Jeff Browaty made his comments following Tuesday's property and development committee meeting, where members voted in favour of purchasing the South District Police Station for $16,593,000 with $16 million of that financed with external debt.

"The cost of borrowing for the city has continued to be low and even lower than what was contemplated when the report was written," said Browaty.

"It actually made sense for us to drop the P3 on this particular case and do the financing in-house. ... There's no real impact in terms of our debt levels."

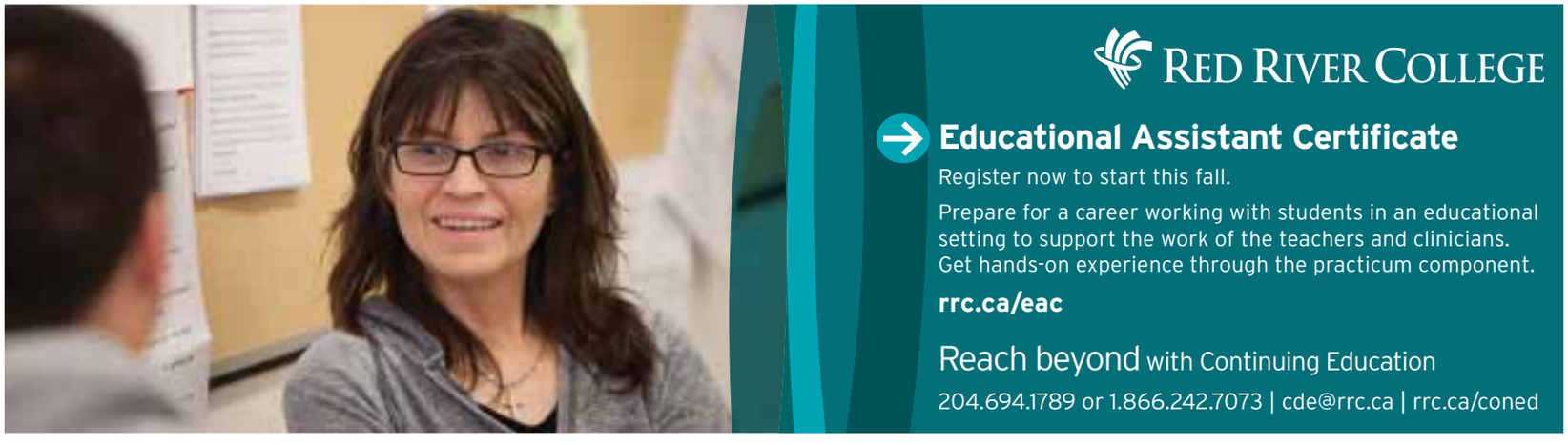
A city report on this item estimated a total net savings of $9,665,000 during the 30-year P3 lease term.

Critics of public-private partnerships (P3s) at city hall, including some ward councillors, believe the savings touted by P3s are inflated, however, Browaty defended this option.

"In some ways we've already achieved some of the benefits of a P3 from some of the ingenuity that's been realized through the design and construction of the building thus far," he said, referring to the police station.

"There is an inherent risk that future councils could scrimp on the upkeep and maintenance of the building, and that is certainly a risk that you don't have to the same degree when you have a P3 and that's enshrined in the agreement."

The decision to purchase the police station still needs the approval of executive policy committee and city council. BERNICE PONTANILLA/METRO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25-year-old victim

Three arrested in Monday stabbing

Police have three people in custody after a man was stabbed in the city's core early Monday.

The 25-year-old victim was taken from a residence in the 400 block of Edmonton Street in unstable condition at about 4 a.m. after being stabbed in the upper body. He was later upgraded to stable.

Cassandra Lorraine Beardy, 22, Brendan Bo Severight, 20, and Jason Dean Bercier, 34, were arrested at the scene and face charges including robbery with a weapon. METRO

St. Vital

Woman assaulted, car stolen at home

Police have several people in custody after a woman was assaulted and carjacked in front her St. Vital home Monday evening.

The woman was treated in hospital for non-life-threatening injuries after police said she was assaulted by two men just after she parked her vehicle at her home in the 100 block of Clayton Drive at about 9:30 p.m.

Police caught up with the car and suspects near Doncaster Street and Ubique Crescent. METRO

Assiniboine Park

Police warn of pedalling pervert

Police are advising women to be careful of a man biking in and around Assiniboine Park, after two victims — including a 12-year-old girl — were groped last week.

On June 4, just after 7 p.m., a 20-year-old woman was jogging in the park when a man on a bike rode by and touched her inappropriately. METRO

Floatplane nosedives into open field

Two men are in hospital after their plane crashed just east of Lac du Bonnet on Tuesday morning. Police said initial reports suggest a single-engine floatplane crashed in a field shortly after taking off in the Lac du Bonnet area at about 9 a.m. There was no indication from RCMP on the condition of the two men. CONTRIBUTED/RCMP

Priest would walk around naked, ex-altar boy claims

Seraphim Storheim trial. Allegedly assaulted brothers were sent to live and work with priest in Winnipeg in 1985

A second man testified Tuesday that he was sexually abused as an altar boy three decades ago by a priest who would become the top Canadian cleric in the Orthodox Church in America.

"I listened to everything he said," the 39-year-old man testified at Seraphim Storheim's trial.

"My mother clearly mentioned 'Listen to everything he says.'"

Storheim has pleaded not guilty to sexually assaulting the man and the man's brother. Neither complainant can be identified under a publication ban.

Both men have told the court they were sent by their single mother at different times in 1985 to live and work with Storheim at a church in Winnipeg. They were both pre-teens at the time.

The man who testified Tuesday said Storheim would routinely walk naked around the small house attached to the church and would sometimes lie on the floor naked and touch himself.

"While I was in the kitchen having breakfast ... he was lying down naked and his hand was on his penis."

On another occasion, the man testified, Storheim touched him and inspected his groin as he sat naked on a bed. THE CANADIAN PRESS

Sandy Hook tribute. Connick Jr. writes song in memory of Winnipeg girl

Singer-actor Harry Connick Jr. has written a song in memory of a former Winnipeg girl who was killed at Sandy Hook Elementary school in Newtown, Conn., last December.

Connick says he hopes sales of Love Wins will help Ana Grace Marquez-Greene's family.

The six-year-old and her parents had relocated to Connecticut from Winnipeg not long before a gunman opened fire at the school, killing 20 children and six staff members.

She was the daughter of jazz saxophonist Jimmy Greene, who taught at the University of Manitoba, and his wife, Nelba Marquez-Greene, who worked at the University of Winnipeg.

Connick says the song will also be part of his new album, Every Man Should Know, to be released Tuesday.

On his Facebook page, Connick describes Jimmy Greene as "my longtime friend and band member."

The family's young son, Isaiah, was also at the school that day but was not injured.

Connick says 100 per cent of the proceeds from the song will go to the family to help them "get through this difficult time." THE CANADIAN PRESS

Harry Connick Jr. has written a song in memory of a Sandy Hook victim. GETTY IMAGES

Comedy. Late Late Show host headed to Winnipeg

Scottish comic Craig Ferguson is coming to Canada.

The host of the Late Late Show with Craig Ferguson on CBS will perform in Winnipeg on Saturday, Oct. 19, at 8 p.m. at the Pantages Playhouse Theatre.

"Born in Glasgow, Scotland, Ferguson got his start in the entertainment industry as a drummer for some of the worst punk bands in the UK," a press release says.

Tickets go on sale Friday at Ticketmaster. METRO

CBSA. Alleged kidnapper jumped border: Official

A Colorado man accused of kidnapping his three-year-old son and fleeing to Canada is back in his home state.

The Canada Border Services Agency said Monty Ray Turner was flown back Monday under escort and handed over to authorities there.

Agency spokesman Lisa White said an investigation has revealed that Turner did not enter Canada at a designated border crossing. White refused to release further details. THE CANADIAN PRESS

FOR YOUR HEALTH
ASK THE Denturist

How often should dentures be replaced?

Dentures should be replaced approximately every 5 years, says Hartley Zelcer of Zelcer Denture Clinic. Natural teeth wear down and stain through time and so do your dentures. Tissue in your mouth goes through constant changes attributed to aging, weight loss, medications, stress and various other factors. Symptoms such as ringing in the ears, ear aches, headaches, jaw pain and dizzy spells may all be denture related. Dentures should enhance ones face by reducing and softening lines and in many cases can make one look years younger.

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Birth control pills linked to 23 deaths: Report

Yaz and Yasmin.
Health Canada claims 600 instances of adverse reactions to popular contraceptives

The birth control pills Yaz and Yasmin have been linked to the deaths of at least 23 Canadian women, the youngest just 14 years old, Health Canada documents say.

The deaths are among about 600 adverse reactions reported among women taking the contraceptives between 2007 and Feb. 28 of this year, Health Canada confirmed Tuesday.

Doctors and pharmacists who submitted the reports to the Canada Vigilance Program said Yaz and Yasmin are suspected in the 23 deaths. The reports say most of the women died suddenly after developing blood clots, a known risk with the pills.

Since 2007, Health Canada said the program has received reports of adverse reactions among 333 women taking Yasmin and 267 women prescribed Yaz.

Among those cases were 15 deaths linked to Yasmin and eight to Yaz. More than half of the women who died were under age 26, with the youngest being a 14-year-old girl. Most deaths reportedly occurred soon after the women started taking the drugs.

Yaz and Yasmin are both made by Bayer and are often characterized as "newer-generation" birth control pills.

THE CANADIAN PRESS

Causation vs. correlation

Health Canada said reports of adverse reactions cannot be interpreted as showing cause and effect.

- "Often it is not possible to determine if an adverse reaction reported to Health Canada is a result of using a specific health product," the department said by email. "Other factors contributing to the AR could be a person's health conditions or other health products ..."
- Bayer says the pills are safe and effective when used as directed.

Protests rage in Turkey's Taksim Square

Hundreds of riot police overran improvised barricades at Istanbul's Taksim Square on Tuesday, firing tear gas — as seen here — rubber bullets and water cannons in running battles with protesters who have been occupying the area for more than a week. The police raid, which came on the 12th day of nationwide anti-government protests, sparked clashes with groups of demonstrators well into the afternoon. Many other protesters fled into the adjacent Gezi Park, where hundreds have been camping out to stop developers from cutting down trees in the park. LAM YIK FEI/GETTY IMAGES

Cops sending a message.

Alleged sexting leads to child porn charges for teen

Explicit text messages allegedly from a Calgary teenager to his ex-girlfriend have led police to lay child pornography and harassment charges.

The case, made public by investigators Tuesday morning, relies on a rarely used provision of the Criminal Code of Canada, admitted Alberta Law Enforcement Response Teams (ALERT) Staff Sgt. John Guigon; however, he hopes it sends a message to others.

"Everything you do on the Internet leaves a footprint," Guigon said.

The 15-year-old teen allegedly sent a series of messages both in February and again in late May using an iPod and an account owned by one of his parents.

JEREMY NOLAIS/METRO IN CALGARY

U.S. privacy scandal

Civil rights groups go after NSA

Two prominent civil rights groups have filed a lawsuit against the National Security Agency over its program that reportedly collects the telephone records of millions of American customers of Verizon.

The American Civil Liberties Union and the New York Civil Liberties Union said in a lawsuit that the program violates rights of free speech and association.

THE ASSOCIATED PRESS

Mayor proposes $20B plan to protect N.Y.C.

Storms and floods. Levees, removable walls, flood gates part of Bloomberg's ambitious proposals

Removable flood walls would be set up for much of lower Manhattan, a levee up to six metres would guard part of Staten Island and a system of gates and levees would protect a Brooklyn creek as part of a nearly $20-billion plan that Mayor Michael Bloomberg proposed Tuesday to transform how New York City girds itself for storms and global warming.

Bloomberg's proposals also include building dunes on Staten Island and the Rockaways, firming up the shoreline with bulkheads in various neighbourhoods and building a levee and new "Seaport City" development at the South Street Seaport that would echo nearby Battery Park City.

The mayor is also suggesting giving $1.2 billion in grants to property owners to flood-proof their buildings and $50 million to nursing homes to improve theirs; making hospitals even in rarely flooded areas upgrade their pumps and electrical equipment; and expanding beaches and marshes, among other ideas. THE ASSOCIATED PRESS

An unsettling future

By the 2050s, it's projected, 800,000 people in New York City could be living in a flood zone that would cover one-quarter of the land.

Lower Manhattan is visible from the Staten Island Ferry on Tuesday.
RICHARD DREW/THE ASSOCIATED PRESS

Cheeky problem

Town to ban droopy drawers on boardwalk

Mayor Ernest Troiano Jr. thinks he's found a way to put one of this Jersey shore resort town's problems behind it. Wildwood is set to pass a law Wednesday regulating how people dress on its boardwalk. But the provision that has gained widespread attention is a prohibition on pants that sag more than 3 inches below the hips.
THE ASSOCIATED PRESS

Meatless Mondays

Meat sales surge for Vancouver butcher shop

Vancouver's West Broadway Meat Co. saw a 15 per cent increase in sales Monday, the same day the city encouraged Vancouverites to eat vegetarian in support of a global movement called Meatless Mondays. The trend was fuelled by a public butchering of a 350-pound water buffalo, attended by a crowd of animal-rights protesters.
ELIZABETH HAMES/FOR METRO

Squirrels untwirled

The Animal Clinic of Regina got a surprise this week when a city worker brought in six squirrels fused together by their tails. Although uncommon, the veterinarian community has a term for it — squirrel king — since the rodents move together as one giant squirrel when their tails are entangled. The animals were sedated, as seen above, their tails were separated and afterwards their tails were shaved of matted fur and cleaned, as seen below. ANIMAL CLINIC OF REGINA/FACEBOOK

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What's an average TV binge? 4 episodes in a row

Glued to the couch.
Marathon viewing is 'transformational' trend in television industry

Canadians' growing appetite for binging on episodes of their favourite TV shows represents a "transformational" trend that's shaking up the industry, says Rogers, which released the results of an online poll Tuesday.

In the survey of 1,275 Canadians conducted by Head Research, viewers were asked how many episodes of a show they went through consecutively during a binge-watching session on a weeknight or on a weekend. The average during the week was four straight episodes, and 4.6 on weekends.

The figures weren't surprising to David Purdy, Rogers' senior vice-president of content, who said binge-viewing is a major trend the company is paying close attention to.

"We're kind of in the beginning of what we think is a major transformational stage in the TV world, so we have a ton of questions and we're doing a lot of research these days," Purdy said, noting that young people in particular have been identified as big fans of marathon viewing.

When asked how many episodes of a show they watched consecutively during a viewing binge, the respondents who were 34 and younger averaged 5.4 episodes on a weeknight and 6.6 episodes on a weekend. Among those 55 and older, the averages were 3.2 on a weeknight and 3.3 episodes on a weekend. THE CANADIAN PRESS

A viewer starts up Netflix on an iPad. The average binge-watching session on a weeknight is four straight episodes of a show, a new study says. GETTY IMAGES FILE

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Employment forecast

Hiring outlook for third quarter is less rosy than year ago: Survey

The latest Manpower Employment Outlook survey found that Canadian hiring prospects for the third quarter are slightly less positive than a year ago.

The survey of more than 1,900 employers in Canada found that 21 per cent of respondents expected to add employees in the July-September quarter.

That's down two percentage points from 23 per cent in the survey covering the third quarter of 2012. THE CANADIAN PRESS

Market Minute

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TSX 12,223.57 (-159.10)

OIL $95.38 US (-39¢)

GOLD $1,377 US (-$9)

Natural gas: $3.72 US (-8¢)
Dow Jones: 15,122.02 (-116.57)

What's a Waze worth? If you're Google, a cool $1B

Ben Gleitzman uses a traffic and navigation app called Waze on his iPhone as he drives to work in Menlo Park, Calif., in this March 2012 photo. Google is buying Waze in a $1.03-billion US deal that keeps a potentially valuable tool away from its rivals while gaining technology that could improve the accuracy of its own popular navigation system, the company said on Tuesday. THE ASSOCIATED PRESS FILE

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HOW MY POOR HEART ACHES

Every breath you take
Every move you make
Every bond you break
Every step you take
I'll be watching you … The Police

JUST SAYIN'

Paul Sullivan
metronews.ca

For some reason I can't get that song out of my head.

Maybe that's because it turns out to be massively prophetic. The Police are watching every move I make — and every move you make, too. And the "police" in question are not Sting; they are the mother of all police: The National Security Agency.

Every phone call and digital interaction ever made for the past seven years. Not just in the United States, but whatever's on the servers of Microsoft, Google, Apple, Facebook and YouTube.

So if you're me and you rely on Microsoft Exchange for your email, and download it onto your iPhone and iPad, the police are recording every etc., and they're doing it over and over again on multiple servers.

They must be sick of me by now.

But let me tell you, not as sick of me as I am of them. And here's why:

1) "They" (Big Brother, The Man, The Police, Sting, whatever) have all this information and they still can't prevent a couple of terrorist-goofs from some obscure former Soviet Republic from blowing up the Boston Marathon. The more we learn about these two, the more it was obvious they were a threat to themselves and anyone not on their freakish wavelength — and the NSA was all over their freakish wavelength. So where are we going with this?

2) "They" tell nobody nothing, er, anything. They have secret court orders compelling Internet and phone companies to fork over data, the details of which remain secret. If some guy named Edward Snowden hadn't decided to go public with this information, we'd still be accessing the Sports Illustrated Online Swimsuit Edition in a fool's paradise of assumed privacy. Meanwhile, the Speaker of the U.S. House of Representatives calls Snowden a "traitor" for his pains. Let me just say: Ed, this fool thinks you're a hero.

3) "They" appear to answer to no one except the President, and he doesn't care. Nobody is listening to your telephone calls, says Obama. They're only monitoring them for the numbers called and the duration. Oh, is that all. Fortunately, I haven't made any hour-long calls to Kyrgyzstan lately.

4) "They" are proving just because you're a conspiracy theorist, that doesn't mean they're not out to get you. Paranoia is just another word for: You think you've got nothing left to lose? You don't really know, do you?

5) "They" rule the world. Knowledge is power. All knowledge is all power. You think Google's a killer program? Imagine what they're running at the NSA. I'm just so glad the Taliban aren't in charge at the NSA.

At least, I don't think they are…

ZOOM

Jesus Christ, breakdance superstar

MATT CARDY/GETTY IMAGES

Sacred street art

A giant mural depicting a breakdancing Jesus — shown here with its artist, Cosmo Sarson — has been unveiled in Bristol, England. Breakdancing Jesus, which took four days to paint and involved a kilo of glitter, was inspired by an event in the Vatican in 2004 where breakdancers performed to an applauding Pope John Paul II. METRO

Q and A

Two cultures fuse

COSMO SARSON
Graffiti artist

You drew inspiration from breakdancers who performed for Pope John Paul II. But what's the message behind your mural?

It's not intended to be any sort of religious propaganda — it's meant to be humorous. In a way, the mural is poking fun at Western religion. However, even within Christianity, at the wedding at Cana for instance, there would have been dancing. I would say it's a fusion of two cultures: the world of hip hop, which breakdancing is a part of, and Christianity.

You could say the mural is a modern take of an amazing Christ, no?

Yeah, I would be really pleased with that interpretation. I think if John Paul II were alive today and saw this, he would love it.

Clickbait

LUKE SIMCOE
luke.simcoe@metronews.ca

With news that the U.S. government has been snooping on your favourite Internet services, Metro takes a look at some alternatives to help you keep your business to yourself.

Twitter:

Although nearly as popular as Facebook, the 140-character service wasn't included on the list of companies being data-mined by Uncle Sam. As well, the Electronic Frontier Foundation recently gave the site full marks for protecting its users from government monitoring.

DuckDuckGo:

Launched in 2008 as a competitor to Google, this little search engine doesn't collect any data on its users.

Ubuntu Phone:

With Apple and Android phones crossed off the list, there's always BlackBerry. However, if you're not a fan of the company formerly known as RIM, give Ubuntu Phone a spin. It's based on the most popular version of the Linux operating system, and could be available for certain handsets this fall.

Letters

RE: Why The !@#$ Can't I Swear?
Published June 11

I am surprised that she cannot figure out that it is inappropriate to swear in a family restaurant with kids present! I was in the military for 21 years and can swear better than most, but I'm smart enough to figure out when and where to do it.

As for the father who reprimanded Jessica and her BF, good for him.

Her comments are a representation of everything that is wrong with this world; that people are too self-centred and don't care about anyone else, even when they are wrong.

Jeff Taylor, Ottawa

Jessica Napier seems to suggest that foul language in public places is an acceptable norm and her recent reprimand by a father at an adjacent table at a restaurant was an over-the-top reaction in today's world.

Yes I agree. Foul language seems to be an accepted norm in many young people's communication, but I don't agree it is a step for the better or part of a licence to free speech. As she says, it often comes from laziness and probably from a lack of, dare I say, more appropriate language skills. I, for one, don't wish to hear swearing in a restaurant, on buses, in malls, or anywhere else just because 20 somethings can get away with it.

Bob Hawkins, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Sensitivity behind the Steel

Interview. The new Superman speaks to Metro about how this superhero is vulnerable and realistic — as real as someone who flies, at least

NED EHRBAR
Metro World News

Henry Cavill's real super power is handling crazed fans with a relative ease. GETTY IMAGES

Iron Man gets the best jokes. Batman gets the best films. Wonder Woman gets the best plane (invisible!). Now 75-years-old, the galaxy's most famous Kryptonian is back in Man of Steel, a grounded take on the icon, directed by Zack Watchmen Snyder.

In the film — an origin story — the young alien is scuttled to Earth, grows up, meets a girl (Amy Adams) and defends our planet from the evil General Zod (Michael Shannon).

He also mopes around. A lot. In a tonal continuation of The Dark Knight series, our hero has feelings, and they add an extra dimension that the creators (including producer Christopher Nolan) hope make the character less boring and more relevant.

Henry Cavill, a British actor best known for TV's The Tudors, stars as the Man of Steel. In a one on one, we asked him why he's not so steely after all.

We've gone from square-jawed demigods to heroes that have to show vulnerability or a flaw. What do you think of that progression?
Well, when they were initially conceived, we needed them — desperately. We needed them to be strong-jawed superheroes — the classic hands-on-hips, nothing can touch me, bullets bouncing off them. I mean, when Superman first came around we were out of First World War, and Second World War is sort of creeping up and we needed those guys who could flit around the place and do wonderful things, and we could fantasize about all the world's problems being solved.

And now?
And now they've evolved into a more modern, more realistic thing to go with the times, so that the stories are still interesting. People these days don't find the immovable object interesting — the untouchable thing and the hero who will always win. We want to think that maybe our hero will lose, but then he wins. We must be able to associate with them. They've become less of a fantasy and more of an ideal to strive towards.

What do you think audiences need from superheroes now?
It's the same thing we've always needed, which is that sense of hope. There's always something going wrong in the world. It just shifts depending on the generation. And it's always nice to have that fantasy of there's someone who's going to fix everything. It's beating the odds, and that's been the same with mythological characters since the dawn of time, since we could think up gods — good gods and bad gods. Nothing has changed in the human psyche. We still need that.

What has Man of Steel done to make him more relatable?
We've given him a very human essence. As much as he's not susceptible to the frailties of the human physical body, he's very much susceptible to the frailties of the human psyche, and that is what really makes us in touch with someone else, makes us go, 'I know your pain' or, 'Yeah, I've felt that happy before.' That's how we associate with people, and in this we've brought that to the character.

Henry who?

- **Age.** 30
- **From.** Jersey, off the coast of Normandy (he's British)
- **You know him from.** The Tudors
- **He was considered for.** Cedric Diggory in Harry Potter; Edward Cullen in Twilight; James Bond in Casino Royale; Superman in Superman Returns
- **How being an actor is like being Superman.** "It's a lonely existence, and that I could pour straight into the character. And also that search for acceptance."
- **Did Man of Steel soar or fall to earth with critics?** Go to Metronews.ca to read Metro's very own Matt Prigge's review of the newest Superman movie. Pick up Metro this Friday to get the Reel Guys' unique and funny take on the film.

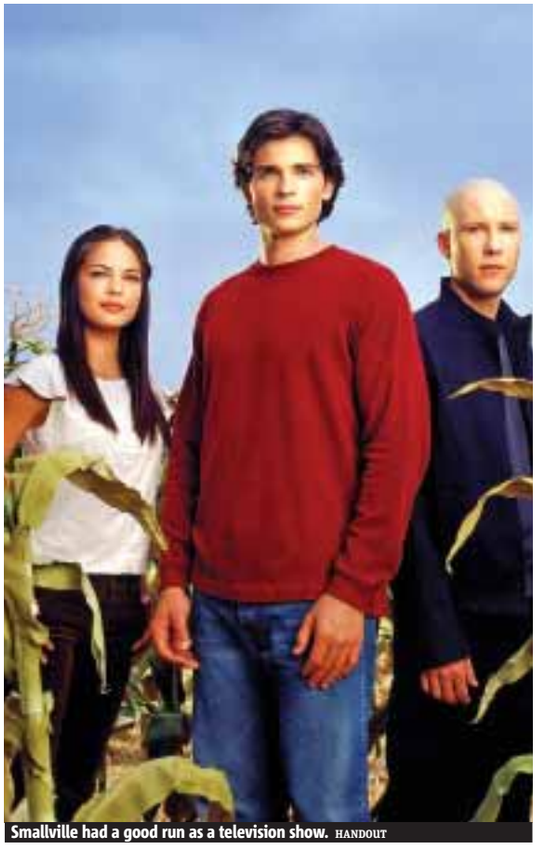
The Dark Knight director Christopher Nolan produced Man of Steel and has made the DC Comics world feel tethered to reality more than to cartoons.
It ties in very much with the evolution of the superhero. We need to see them in a real-world setting. It helps us to feel more and to be a part of the story if we base it in realism, and that's important to me. I've never played this sort of, 'OK, I'm going to talk (in a low, gravelly voice) all of a sudden.' If I heard someone talking that way, I'd look at them funny and say, 'Are you OK? Do you need to sit down? Have some water, perhaps?' Because they sound like a crazy person. And I've always played my characters that way. Playing Superman was no different. I wanted to play him as a realistic being, just with these incredible powers, and that was up to CGI to fix for me.

There's been a great deal of talk about plans for a Justice League movie. Do you feel a natural sense of competition with the Avengers, which is owned by rival company Marvel?
I mean, of course there's going to be a sense of competition because it's groups of superheroes coming together, of course there is. I don't like to think of it as competition. But people will naturally put the two together as competitors.

Eventually there has to be a World Cup of Superheroes.
Right (laughs).

So who would win?
OK. The difference between the Marvel heroes and the DC heroes is that DC heroes are godlike, all of them, where Marvel heroes, you might get one like Thor but otherwise they're very human. So in a head to head… who knows? I mean…

You can take sides.
No, I'm not going to pick a side because I don't think it's fair... anything can happen. A plan never survives first contact. But it would be very cool.


Smallville had a good run as a television show. HANDOUT

The many faces of Superman

Not the only one left from his planet. There have been many incarnations of the superhero character, but they always have a common thread

IN FOCUS
Richard Crouse
scene@metronews.ca

Superman is one of the most famous characters in all of pop culture and yet very few actors have played the Metropolis Marvel.

This weekend in Man of Steel the square-jawed Henry Cavill becomes the latest to bring the Last Son of Krypton to life on the big screen, joining a list that dates back to 1941 when Mel Blanc voiced the superhero in a cartoon called Goofy Groceries.

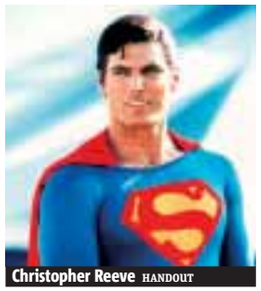
Bud Collyer next voiced Superman in a series of animated Oscar-nominated short films. The actor played the character three separate times: on the radio, in this series and the late 1960s cartoon show The New Adventures of Superman.

Brandon Routh HANDOUT

The Collyer years brought with them some innovations to the character.

In June 1943, when the actor took some time off, the radio show's writers came up with the idea of kryptonite to explain his absence. While Bud sunned himself, the Big S was held prisoner under a sheet of the radioactive element.

Six years later the comic books adopted the toxic ore and it has been part of Superman's story ever since.


Christopher Reeve HANDOUT

Animators on the original series felt that Superman's ability to leap buildings in a single bound looked strange on screen, so with Detective Comics Inc.'s permission, they had him fly instead.

The first live-action Supermen were Kirk Alyn and George Reeves. Alyn was a Broadway actor who played the Man of Tomorrow in Atom Man vs. Superman, reportedly the highest grossing American movie serial ever, but couldn't sustain a career in film after he retired the cape. In 1981 he starred in a spoof called Superbman: The Other Movie, partially set on Planet Krapton.

Typecast

Christopher Reeve, who was paralyzed after a horse riding accident, and passed away in 2004, once asked Sean Connery how to avoid being typecast.

- **Connery said.** "First you have to be good enough that they ask you to play it again and again."

George Reeves became a mega star playing Superman in 102 episodes of Adventures of Superman, but later felt his popularity as the character inhibited his ability to earn more serious roles. The Reeves biopic Hollywoodland, starring Ben Affleck, examines the actor's life and mysterious death.

Others played Superman — John Newton, Gerard Christopher, Dean Cain, Tom Welling, and Brandon Routh — with varying degrees of success, but the best-known has to be Christopher Reeve, who starred in four Big Blue movies between 1978 to 1987.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber. ALL PHOTOS GETTY IMAGES

Bieber has no interest in making dreams come true at Disneyland

Justin Bieber apparently learned his lesson about acting his age after being booted from a Hollywood nightclub for being underage.

The next night, the 19-year-old pop star hit up Disneyland for a guys' night out, according to E! News.

Bieber "was surrounded by a lot of security. Half were like his personal security and the other half were from the theme park," a source says of the night out.

"He wouldn't let anyone talk to him and he was walking pretty fast."

The Word

Seth Rogen admits his Guilt Trip drove off a cliff

Seth Rogen isn't the biggest fan of some of his own work, joking to comedian Doug Benson that The Guilt Trip, his recent film with Barbra Streisand, is only suitable for viewing on airplanes.

"We shot that movie in the format that plays on airplanes only," Rogen says.

He also offers a surprisingly candid postmortem on The Green Hornet, his and co-writer Evan Goldberg's action comedy that disappointed both critically and financially, calling it the "perfect storm of bad sh— happening. Goldberg explains that we were making it for America and China at the same time."

Ellen Page

Ellen getting paged on relationship rumours

Look at what an innocent photo can do. The East director Zal Batmanglij tweeted a picture over the weekend of co-stars Alexander Skarsgard and Ellen Page in an affectionate embrace along with the comment, "This reminds me of shooting."

The image sparked a slew of rumours that Skarsgard and Page are dating, but multiple sources confirm to Us Weekly that they are not in fact an item. Of course, the pair had to shoot down similar speculation a year ago when they attended a Stanley Cup finals game together. "They're just two hockey fans," a source explained at the time.

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Peter Dinklage

Dinklage has a short attention span for Game of Thrones

While Game of Thrones fans around the world have been in shock over recent events on the show, star Peter Dinklage remains unfazed.

"That was, like, a year ago for me," he tells TMZ.

And he's not really caught up on the series, anyway.

"I don't watch the show," he admits. "I mean, I don't have HBO."

Jane Lynch

No Glee in this household

Glee star Jane Lynch and her wife, Dr. Lara Embry, are divorcing, a source confirms to Us Weekly. Lynch and Embry met at a 2009 gala for the National Center for Lesbian Rights and married a year later. Lynch, who is currently starring on Broadway in the revival of Annie, has reportedly moved out of the couple's Los Angeles home.

Twitter

@tyrabanks
"TyTy, I miss you, baby." The treadmill is calling my name. About to reunite. There will be tears...

@johncusack
Perhaps the president and congress will let some of us decline our lojacks if we are good boys & girls and trust their angelic benevolence

@AmandaBynes
I only like @Drake because he's so ugly! His ugly cheeks at the EA conference! Fine he is not, but he knows he's ugly! I've spoken to him!

The City of Brotherly Love is perhaps best known for its Colonial roots, but locals will tell you there's much more to explore in this city of 1.5 million people. Options abound for travellers looking for free things to do in and around the historic district and beyond.

THE ASSOCIATED PRESS

5 Free things to do in Philly

Independent spirit

Two of the city's busiest tourist stops, the Liberty Bell and Independence Hall, are free to visit and located directly across the street from each other. Both are part of Independence National Historical Park, which is managed by the National Park Service. Getting into Independence Hall, where the Declaration of Independence and the Constitution were signed, requires a timed ticket because of crowds. Walk-up tickets are available at the adjacent visitors' centre starting at 8:30 a.m. — visitors should arrive early for the best choice of times, as tickets for the day are often gone by 1 p.m. during the busy summer tourist season. No tickets are required for the Liberty Bell, but expect to wait in line to get inside the building where it resides.

Right up your alley

In the middle of the Old City neighbourhood's cool art galleries, vintage furniture stores and trendy clothing boutiques is a charming cobblestone lane that has barely changed in 200 years: Elfreth's Alley, often called the oldest continuously inhabited street in America. It was built for carts travelling to the nearby Delaware River waterfront and named for Jeremiah Elfreth, an 18th-century blacksmith who built and rented out several homes there. The alley's 32 surviving row houses were built between roughly 1724 and 1836. Unlike the nearby Society Hill mansions built for the city's upper crust, the humble homes of Elfreth's Alley were inhabited by labourers, shipwrights and craftsmen. Many of the homes remain privately owned but the narrow street is a good place for a peaceful stroll and some snapshots in front of the charming red-brick homes.

Garden of glass

Dream Garden, a jaw-dropping glass mosaic, is close to the historic district but easy to miss unless you know it's there. The magical scene was created with more than 100,000 pieces of iridescent glass by the studios of Louis Comfort Tiffany and was based on a painting by Philadelphia native Maxfield Parrish. The 15-by-49-foot (4.5-by-15-meter) mosaic was commissioned by Saturday Evening Post publishing magnate Cyrus Curtis and installed in 1916 inside the lobby of his majestic headquarters fronting Washington Square Park. A public uproar ensued when casino magnate Steve Wynn in 1998 announced his plan to buy the mosaic and move it to Las Vegas, and the Pennsylvania Academy of Fine Arts purchased the work to guarantee it will forever remain in its intended home.

Rocky's road

Make like Philly's fictional prizefighter Rocky Balboa and bound up the Philadelphia Museum of Art's 72 stone steps, then spend a few minutes taking in the picture-postcard skyline view down the tree-lined Benjamin Franklin Parkway. A sculpture of the Italian Stallion, arms raised in victory, at the base of the stairs is a popular spot for photo ops. Lots of Rocky runners never go inside the renowned art museum after their sprint up the steps — if you do, it'll cost you $20 for an adult general admission ticket. There is some art to be seen free of charge, however, in a large outdoor sculpture garden featuring works by artists including Sol LeWitt, Claes Oldenburg and Ellsworth Kelly.

Something wild

John Heinz Wildlife Refuge is a 400-hectare oasis located just 1.6 kilometres from the bustle and noise of Philadelphia International Airport. Managed by the U.S. Fish and Wildlife Service, the refuge is free and open from sunrise to sunset year-round. Birdwatchers have documented more than 300 species of birds at the verdant refuge, a stopover for migratory species due to its location along the Atlantic Flyway, and it's one of the only places where locally endangered species of turtles and frogs still live.

Strawberries are the star in this tempting shortcake

Ingredients

Preparation time: 25 minutes
Cooking time: 25 minutes
Refrigeration time: 1 hour

Cake

- 175 ml (3/4 cup) unsalted butter
- 175 ml (3/4 cup) water
- 500 ml (2 cups) unbleached all-purpose flour
- 10 ml (2 tsp) baking powder
- Pinch salt
- 2 eggs
- 300 ml (1 1/4 cups) sugar
- 5 ml (1 tsp) vanilla extract
- 175 ml (3/4 cup) sour cream

Filling

- 1.5 l (6 cups) fresh strawberries, hulled and quartered
- 125 ml (1/2 cup) sugar, divided
- 15 ml (1 tbsp) Grand Marnier
- 500 ml (2 cups) 35 per cent cream

This delectable recipe was developed by Ricardo Larrivee, the Montreal-based host of Ricardo and Friends, which aired on Food Network Canada.

You can also make this cake with other berries, such as raspberries, blueberries, blackberries and ground cherries.

Cake

1. With rack in the middle position, heat oven to 180 C (350 F). Line a 30-by-43-cm (12-by-17-inch) baking sheet with parchment paper, allowing the paper to overhang 2 opposite sides. Butter the paper.

2. In a small saucepan, melt butter in water. Let cool partially. In a bowl, combine flour, baking powder and salt. Set aside. In another bowl, beat eggs with sugar and vanilla using an electric mixer until mixture is thick and falls from the beaters in ribbons. With mixer on low, add dry ingredients, alternating with butter mixture and sour cream.

3. Spread batter evenly over baking sheet. Bake until lightly browned and a toothpick inserted in the centre comes out clean, about 25 minutes. Let cool partially. Unmould with paper (to help keep cake moist). Let cool on a rack.

4. Trim edges of cake to straighten them. Cut into 2 rectangles (30 cm/12 inches on their longest side).

Filling

1. In a bowl, toss strawberries with 30 ml (2 tbsp) sugar and Grand Marnier. Let macerate for about 15 minutes. In another bowl, whip cream with remaining sugar until stiff peaks form.

2. Assembly: Lay 1 cake rectangle on a rectangular serving plate, paper side up. Remove paper. Top with half the whipped cream and strawberries. Cover with second cake rectangle. Remove paper. Top with remaining whipped cream and strawberries. Refrigerate for an hour before serving. THE CANADIAN PRESS

The shortcake recipe makes 12 servings THE ASSOCIATED PRESS/LESFRAICHESDUQUEBEC.COM

Cocktail of the Week

C'est la vie

- 2 strawberries cut into quarters
- 1.5oz Grey Goose vodka
- .5oz simple syrup
- .5oz freshly squeezed lime juice
- 2 large basil leaves
- 2 cracks or dashes of black pepper

Muddle strawberries in base of a shaker, add ice and remaining ingredients. Shake well and fine strain into a stemless martini glass. **RECIPES & PHOTOS COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO**

A parfait dish for summer

1. In a medium bowl, thoroughly mix strawberries and brown and granulated sugars. Let sit for 20 minutes or so, stirring occasionally, until sugar is completely dissolved and juice is drawn from strawberries. Meanwhile, in a small bowl, mix yogurt, sour cream and orange zest.

2. Divide a third of the strawberry mixture among 4 parfait or sherbet cups. Cover with 30 ml (2 tbsp) of the yogurt mixture. Continue with another layer of strawberry and yogurt mixture. Divide remaining strawberry mixture evenly among cups. Top with 15 ml (1 tbsp) of the yogurt mixture.

3. Garnish with whole strawberries and fresh mint leaves and serve immediately. LESFRAICHESDUQUEBEC.COM

Ingredients

Preparation Time: 30 minutes

- 500 ml (2 cups) fresh strawberries, cut in quarters, plus extra whole berries for garnish
- 45 ml (3 tbsp) packed brown sugar
- 15 ml (1 tbsp) granulated sugar
- 250 ml (1 cup) vanilla no-fat yogurt
- 50 ml (1/4 cup) low-fat sour cream
- 2 ml (1/2 tsp) orange zest, grated
- Mint leaves, for garnish

This recipe makes four servings. THE ASSOCIATED PRESS/LESFRAICHESDUQUEBEC.COM

Recipe. Add a dash of strawberry to your bagels and cream cheese

Ingredients

Preparation time: 5 minutes

- 125 ml (1/2 cup) crushed strawberries
- 250 ml (1 cup) ricotta or cottage cheese
- 10 ml (2 tsp) maple syrup
- 2 bagels, sliced
- Whole strawberries, for garnish

1. In a bowl, mix crushed strawberries, cheese and maple syrup.

2. At the same time, toast bagel halves.

3. Spread mixture on halved bagels.

4. Slice remaining strawberries finely and use to decorate bagels. Makes 2 servings.

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News worth sharing.

Myth of abundance

Despite previous statistics you may have heard about, Canada has only 6.5 per cent of the world's water supply — much less than Brazil and Russia. PAVELS/VEER

We aren't as flush with water as we think we are

ANDRÉ VOSHART
Water Canada

That statistic you may have heard before — that Canada holds 20 per cent of the world's fresh water — may be too good to be true. According to a leading water expert, we are not as flush with water as we think we are.

"The myth of limitless abundance is the notion that Canadians have maintained that we have more water than anyone else in the world, and that we will never run out of it," says Robert Sandford, author of Cold Matters: The State and Fate of Canada's Freshwater.

Canada has only 6.5 per cent of the world's supply — much less than Brazil and Russia and about the same as the United States.

"This myth allows us not to think about how we use water and what we do to it," Sandford says. "We turn on our taps and we expect it to be there."

He adds that the myth is perpetuated by reliable water supplies in urban areas and very cheap costs for delivery. More than two-thirds of the nation's fresh water is in the north, while 80 per cent of the population is in the south, where its needs are concentrated.

The perception of the Great Lakes as an infinite supply of fresh water is also skewed. Sierra Club Canada reports that, on average, only one per cent of the lakes' water is renewed annually by precipitation and inflow from rivers and groundwater.

"There are times when we don't have enough water to maintain agriculture, meet human water needs, (meet) industrial demands, and still keep the Great Lakes at levels necessary to permit optimal conditions for shipping," Sandford says.

Climate change is also beginning to have an enormous influence on the water supply, melting much of the "post-glacial hydrological wealth" in the Arctic and other northern regions. Additionally, Sandford says climate change is rearing its head in other ways. Since a warmer atmosphere holds more water and water levels are declining due to evaporation (such as in the Great Lakes), this increased vapour then fuels more extreme weather events.

The nation's water is on the move and Sandford explains it may not be there when we need it.

"As we can no longer take water for granted, we would be wise to dispel the myth of its limitless abundance."

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Natural process

Make a difference in the natural water cycle

PAGE UW3

Smart evolution

New meters are changing the way we think about water use

PAGE UW6

What will you do?

When a city faces a water problem, it's serious

PAGE UW7

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RBC
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Singing in the rain

KERRY FREEK
Water Canada

In the natural water cycle, water seeps into the ground, evaporates into plants and the air, and makes its way to nearby waterways.

But where does rain go after a storm in the city?

A paved urban landscape changes the natural process. Water flows into storm drains, along the way collecting the garbage, road salt, and bacteria that pollutes our water. Storms can also cause overflows in sewers that weren't built to manage heavy rain. A 2012 national infrastructure report card estimates it would cost $15.8 billion to replace Canada's poor stormwater infrastructure.

When sewers overflow, there's a greater chance of flooded basements in homes and businesses. More frequent and heavier storms have made water damage the leading cause of insurance claims in Canada. The cost to taxpayers is steep, too — every year, billions of dollars are spent repairing the damage.

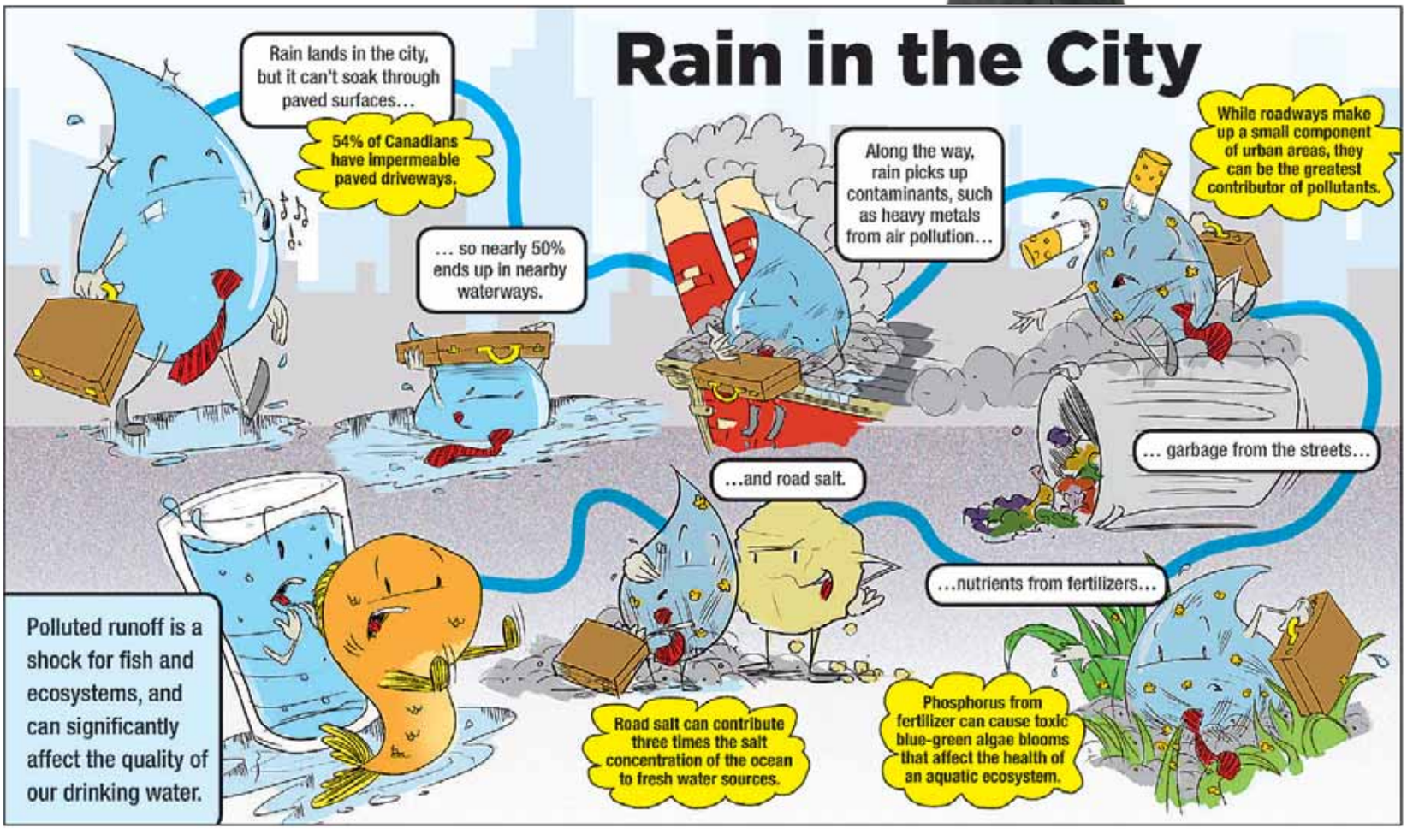
"We should all care, whether we're property owners or renters," says Christine Zimmer, manager of protection and restoration at Credit Valley Conservation in Ontario.

Zimmer offers these suggestions to make a difference:

1 Disconnect your downspout. "Roof downspouts are often directly connected to storm sewers. Disconnecting them and leading the water to rain barrels or rain gardens can help reduce instances of basement flooding," she says.

2 Make paved areas as small as possible. According to the 2013 RBC Canadian Water Attitudes study, 60 per cent of 18-34-year-olds would give up a paved driveway to help water management.

3 Use less fertilizer or none at all. Run-off collects nutrients from fertilizers, such as nitrogen and phosphorus, which can cause toxic algae blooms in waterways and result in a weakened aquatic ecosystem and more frequent beach closures.


Rain in the City
Rain lands in the city, but it can't soak through paved surfaces…
54% of Canadians have impermeable paved driveways.
… so nearly 50% ends up in nearby waterways.
Along the way, rain picks up contaminants, such as heavy metals from air pollution…
While roadways make up a small component of urban areas, they can be the greatest contributor of pollutants.
… garbage from the streets…
…and road salt.
…nutrients from fertilizers…
Polluted runoff is a shock for fish and ecosystems, and can significantly affect the quality of our drinking water.
Road salt can contribute three times the salt concentration of the ocean to fresh water sources.
Phosphorus from fertilizer can cause toxic blue-green algae blooms that affect the health of an aquatic ecosystem.

Leaky business

Down the drain. Homeowners can be paying unwanted costs due to faulty faucets, toilets

KERRY FREEK
Water Canada

A faucet leaking 60 drops a minute can waste up to 8,703 litres of water in one year, but can cost pennies to fix. PAUL FLEET/VEER

Are you more likely to repair an Internet connection or a leaky faucet? According to the 2013 RBC Canadian Water Attitudes Study, 75 per cent of Canadians would choose to call tech support before they dial the plumber.

But while you may lose a few hours of surfing without your Wi-Fi, you could be throwing away dollars on wasted water. Studies have found that homes can lose up to 76 cubic metres of water per year due to leaks. That's the volume of 76 small bar fridges.

Want to clear your water-wasting conscience? Here's how to locate and fix minor leaks.

• **Check your water bill.** If your bill is higher than usual and you think your household water use has remained more or less the same, it might be time to check for leaks. Don't worry — while some leaks require professional attention, not all have to end with an expensive invoice. For a list of reasons to call the plumber, visit bit.ly/TUwpnc.

• **Put a stop to dripping faucets.** A faucet leaking 60 drops a minute can waste up to 8,703 litres of water in one year, but can cost pennies to fix. Worn out washers may be the cause, and most hardware stores carry faucet repair kits that illustrate how to replace a washer. EPCOR, Edmonton's water utility, has videos on how to replace single- and double-stem faucets. Visit bit.ly/18EFUP2.

• **Listen for leaky toilets.** According to Environment Canada, a toilet that continues to run after flushing can waste up to 200,000 litres of water in one year. If you suspect a leak, add a few drops of food colouring to the tank. If the colour appears in the bowl, you could have a loose flapper valve. For a video demonstrating how to replace flapper valves at a low cost, see bit.ly/11IbVFL. Note: If the leak is around the base of the toilet, it's time to call a professional.

Keep in mind that leaks aren't always easy to find. If you suspect a leak but can't locate the source, call your utility and ask for a residential water audit.

Greywater use gaining waves of support

ANDRÉ VOSHART
Water Canada

New technologies are helping green-minded citizens and developers curb Canada's wasteful water ways, including recycling "greywater," the waste water from showers, baths, and other sources not contaminated with sewage. VALUA VITALY/VEER

In many homes across Canada, all water is created equal — the water used to wash hair, flush toilets, and rinse dishes all comes from the same source. However, new technologies are helping green-minded citizens and developers curb Canada's wasteful water ways.

One approach looks at recycling "greywater," the waste water from showers, baths, and other sources not contaminated with sewage. Homeowners and builders can install greywater reuse systems, which will reclaim and purify the lightly used water in order to flush toilets. They are already in place in parts of the world where potable (drinkable) water is scarce, like the southwestern United States and Australia.

"To flush a toilet, you don't need the purist, filtered, pH-adjusted, UV-disinfected, and ozonated (or chlorinated) water in the world," says Chris Higgins of the Canada Green Building Council, an organization that certifies Leadership in Energy and Environmental Design (LEED) homes. He says flushing a toilet accounts for between a third and a quarter of water use in the average home, and "most clear, odour-free water will work."

He says a Canada-wide adoption of reuse systems is low, but growing.

"Areas with high water cost are much more likely to adopt greywater reuse strategies," he says.

For example, Higgins lives in Vancouver, where his single-family home has no water meter, so he pays the same amount no matter how much he uses. But other municipalities present citizens with more of a reason to be water conscious: Edmonton charges both for water use by the litre and sewage by the litre, so in that case, "there are monthly cost savings using greywater," he says.

City planners in Guelph, Ont., have a goal to lower water use by 20 per cent by 2025. Wayne Galliher, the city's water conservation project manager, says new homes were using on average more water than homes 30 years their age and that's the reason the city launched Blue Built Homes, an initiative to encourage local builders to promote water efficiency in new buildings. In a study of the city's greywater systems, 25 participants were monitored, and average water demands dropped by 22.6 litres per capita per day.

You can reuse it

"To flush a toilet, you don't need the purist, filtered, pH-adjusted, UV-disinfected, and ozonated (or chlorinated) water in the world."

Chris Higgins, of the Canada Green Building Council

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RBC
RBC Blue Water Project

Smart meter measurements are more accurate, resulting in water bills that better reflect actual use. This will allow customers to fully understand how their household activities — including watering the garden and doing laundry — impact the bottom line. VEER PHOTOS

Tapping into smart billing

Next evolution. Smart meters are changing the way Canadians are thinking about water use

KERRY FREEK
Water Canada

In the old days, you received a water bill — likely one based on a flat rate — and paid it, no matter how much water you used.

If your city had meters — more than one-third of Canadian households still don't — you might be billed for the actual volume of water you consumed, but it would be too late to understand and adjust your consumption patterns. Not only that, it might take several billing cycles to figure out if your home had a pesky, water-wasting leak.

"For years, it's been 'get water bill, pay bill, get water, consume water,'" says Norm Daigle, executive vice-president of Harris Utilities SmartWorks.

The next evolution — smart metering — is changing the way Canadians think about their consumption.

With smart meters, measurements are more accurate, resulting in bills that better reflect actual use. Savvy utilities are taking things one step further, making those bills transparent and accessible in near real-time, so customers can fully understand how their household activities impact the bottom line.

Harris Utilities is one company that offers dynamic metering and billing services. With their software, utilities can provide customers with online reports that display details about their consumption patterns so they can monitor and adjust use accordingly.

Customers can play with the data, creating scenarios that demonstrate how performing different activities at different times might save money. They can compare current use to years, months, and even days prior. Some utilities even offer a tool to compare use to similar households, and provide tips on how to use water more efficiently and economically.

Utilities are also breaking down water use in more meaningful measurements. "With mobile phone billing, we know what a minute means," Daigle says. "But what's a cubic metre? Is it equivalent to watering my lawn? Feedback like that helps customers better understand their water use."

Ultimately, smart metering is about empowering the consumer. Gone are the days of the flat rate and vague bills.

"Dynamic billing brings the customers into the picture," Daigle says. "At the end of the day, it's customers who are making the decision to turn the taps on or off. They should be participants in achieving conservation objectives — that's the sweet spot."

Game of thirst

Water scarcity and severe droughts bring big conflicts to cities, but most of us aren't ready for such events, and some don't even want to think about it.

So how do you engage people on such a serious topic? Make it fun, but keep it meaningful.

Last fall, British Columbia's Okanagan Water Basin Board (OBWB) proved it had the right idea. In partnership with Agriculture and Agri-Food Canada (AAFC) and the B.C. Ministry of Environment, OBWB brought together key players in government, as well as regional water suppliers, and reps from the agriculture, fisheries, and ranching communities to participate in a game about municipal thirst.

Facing drought is a growing necessity. In the United States, drought ranks second or third of natural disasters, depending on the year, in terms of economic impact. In Canada, dry periods are becoming more frequent and prolonged.

In the game, teams considered several scenarios with varying degrees of drought, quickly learning that any choice would impact water supply and, depending on how the scenarios are managed, could increase or reduce conflict within the community.

They also learned success comes down to collaboration, says Nelson Jatel of OBWB.

"In these situations, it's critical to communicate clearly and work together. The game allowed us to think through some of the complex partnerships that are key to surviving a drought." KERRY FREEK

EVERY DROP OF WATER COUNTS

MARCO LENSI/VEER

When a city faces a water problem, it's serious.

In May, a Montreal boil water advisory made headlines when it affected the availability of drinking water for more than 1.3 million people for two days. A few days later, a heavy downpour closed Toronto's Don Valley Parkway during morning rush hour, stalling the major route into the downtown business district. For the past few summers, cities in Canada's West have required emergency conservation bylaws during prolonged drought. The list continues.

With projections for more frequent and severe impacts of climate change and an increasingly urbanized population — some say 80 per cent of the world will live in cities by 2030 — experts are expecting a great deal of stress on water management and supply.

Lynn Patterson, RBC's director of corporate responsibility, says that's one of the reasons why the RBC Blue Water Project recently changed its focus to support initiatives that help protect water in urban centres.

"So many people live and work in cities or urbanized areas, and they depend on water sources that are increasingly under stress," she says. "We must ensure that our water is swimmable, fishable and drinkable now and for generations to come because every drop of water counts."

Patterson says it can often feel like environmental problems are too big for individuals to solve. And sometimes they are.

"But individuals, families, and businesses can have an immediate impact on water. We can pick up litter, plan water-friendlier landscaping and fix leaking taps and pipes — simple changes in behaviour that actually make a difference right now."

In its first five years, the $50-million RBC Blue Water Project had a broad scope, awarding more than half of its funding commitment to projects that focused on watershed protection. RBC's support for more than 500 organizations around the world includes almost 200 programs for elementary school students, 33 museum and gallery exhibits about water, 36 programs for farmers, and 44 programs to help Aboriginal people.

"We've done a lot of good work so far," Patterson says.

With this new focus, she hopes the RBC Blue Water Project will be able to reach even more people while addressing a significant emerging problem.

– Kerry Freek, Water Canada

HELPING TO MANAGE THE HEALTH OF WATERSHEDS

CIER TAKES STEP TO WORK WITH FIRST NATIONS

Managing water has never been easy. From industrial or agricultural run-off to biological contamination to human waste, water bodies are subject to many toxic threats. Many experts agree that to manage environmental health most effectively, we must look at entire watersheds rather than single rivers or lakes — even if those watersheds cross municipal or provincial boundaries.

"Across Canada, we are seeing a lot of regional watershed planning processes taking place. Unfortunately, First Nations involvement in these processes can be limited," says Amanda Karst, a research associate at the Winnipeg-based Centre for Indigenous Environmental Resources (CIER). "It's critical for First Nations to be a part of regional watershed planning. We think that indigenous perspectives would enhance these processes."

CIER's vision is for sustainable First Nation communities and a healthy environment. The organization builds capacity in First Nations to address environmental issues through research, training, and community engagement. One such project, funded by a three-year leadership grant from the RBC Blue Water Project, led to the development of a First Nation Integrated Watershed Planning Tool that provides guidance for increased First Nations involvement in watershed planning processes.

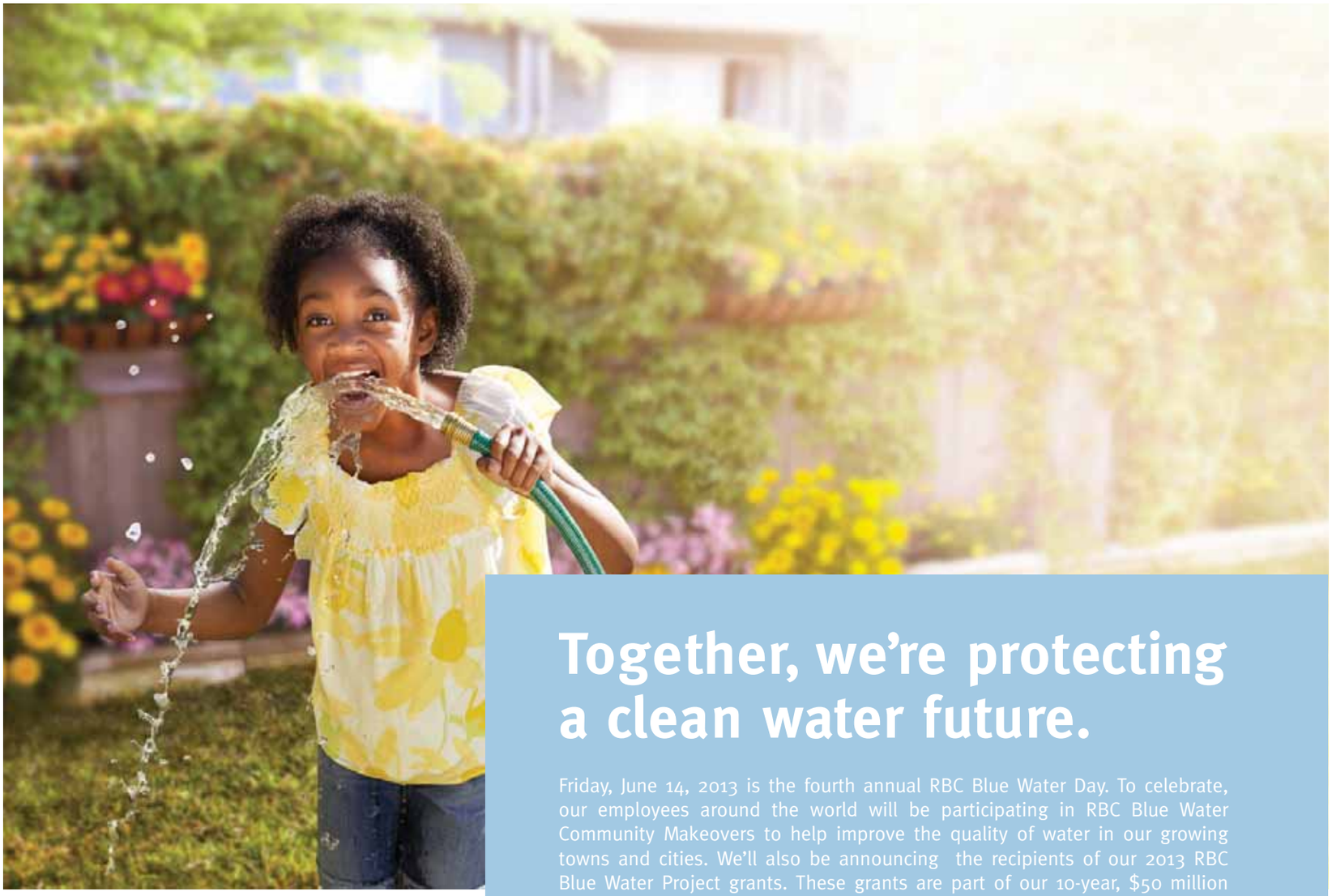
From 2008-11, CIER worked with First Nation partners in three regions — Hupacasath First Nation in British Columbia, Mikisew Cree First Nation in Alberta, and the Unama'ki Institute of Natural Resources, and Union of Nova Scotia Indians in Nova Scotia — to develop the tool, support their water planning processes, and share the outcome with a wide audience of both Aboriginal and non-Aboriginal people.

Karst says the tool, which includes six user-friendly guide books, combined with in-person and online training, introduces the watershed planning process with a focus on community engagement and use of indigenous knowledge, using real-world examples from First Nations. To date, CIER has sold more than 160 guide books to organizations and governments.

While there has been significant interest in the tool, Karst says the real sign of success is seeing communities create and implement a robust watershed management plan. Challenges, such as funding and capacity, remain.

"Regional planning requires extensive commitment of time and resources from many diverse partners," she says. "This is the first big step."

– Kerry Freek, Water Canada



Together, we're protecting a clean water future.

Friday, June 14, 2013 is the fourth annual RBC Blue Water Day. To celebrate, our employees around the world will be participating in RBC Blue Water Community Makeovers to help improve the quality of water in our growing towns and cities. We'll also be announcing the recipients of our 2013 RBC Blue Water Project grants. These grants are part of our 10-year, $50 million commitment to protect water through the RBC Blue Water Project.

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Invest your best in any internship

It ain't over till it's over. Don't drop the ball now that you have put in some time with your new team. Keep it up for the chance to book a bright career!

CASSANDRA JOWETT
TalentEgg.ca

You're a little over a month into your summer internship and you only have a few more to make a real impact — both on your career and your employer. What should you do? We asked three top employers for their tips and advice about how you can make the most of your summer job or internship while there's still time.

Finding yourself with little to do? Why not figure out which charitable organization(s) the company you work for supports, and organize a volunteer event for your team or for the interns you are working with. ISTOCK

Darren MacDonald, Talent supply manager at Procter & Gamble

Top 3 summer internship tips:

1. Do not miss the chance to learn about and engage with other functions throughout your internship — it is a great way to find out where you fit best.

2. Seek to understand — then be bold. Once you have taken the time to understand a problem, don't be afraid to challenge the status quo.

3. Work hard, play hard. Internships should be challenging, but they should also be a lot of fun. Invest the time to get to know your fellow interns outside of work.

Lauren Larose, HR marketing and communications advisor at Suncor Energy

Top 3 summer internship tips:

1. Get involved as much as you can by participating in social events, helping to organize employee events, raising money for a charity the company sponsors, etc. Making great connections is key!

2. Don't be shy. Your boss wants to keep you happy and engaged, so don't be afraid to take on more if you're getting things done quickly or let them know when you're stuck.

3. You're there to learn. Ask for feedback from your boss and your colleagues about your performance and what you could work to improve in the future.

Lori Billing, Assistant HR manager of Talent Acquisition at Kraft

Top 3 summer internship tips:

1. Create a goal plan and own it. Your internship isn't just a summer job — it's a chance to experience what it's like to work for a company where you own your results. We set goals that our interns work toward throughout the summer, but interns can also add their own goal to achieve something that is important to them. At the end of the summer, you want to be able to point to an accomplishment and say "that was me — I did that!"

2. Get involved with something outside your job description. Not only does this allow you to show your leadership and initiative, it also helps to build your network at the organization.

3. Build relationships. With your team, with your boss, with your boss's boss, with your HR contact — people should know who you are and what you are working on, and should hopefully have great things to say about both!

Yours for the taking

Your internship isn't just a summer job — it's a chance to experience what it's like to work for a company where you own your results.

Lori Billing
Assistant HR Manager, Talent Acquisition

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- **@megsgreaves:** Make a phone call to a best friend for a pep-talk! Jitters disappear when you realize how much people support you no matter what!
- **@_jesscruz:** Play loud music in the morning, prepare a delicious breakfast, and talk out any nerves before the big day! #QuestionoftheDay
- **@emoorhousepr:** Get a good sleep night before, get outfit and lunch prepared night before. Listen to music on the way. Confidence is key!!

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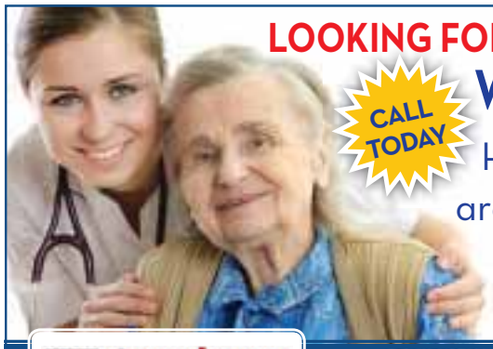

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Finding the perfect fit

Which workplace shall I choose? What to hone in on during your internship hunt

JUSTIN LOUIE
TalentEgg.ca

Don't let the job jitters get you in a funk. Sure this is a great opportunity, but it's also an opportunity to enjoy yourself. ISTOCK

Still looking for work? For both students and new grads, internships provide a distinct opportunity to acquire industry-specific work experience and training, as well as to build important professional connections.

But while a good internship can certainly lead to a permanent job, it can sometimes be a bit tricky to figure out the right internship for you.

Here are a few things to consider before jumping into the internship race.

The quality of the internship

Not all internships are created equal, and while most will offer substantial networking opportunities, the quality of the skills training offered by an internship will vary from company to company. We've all heard the stories of bright, young students and new grads landing prestigious internships — only to spend their days making coffee runs and sharpening pencils. Although this sort of work is sometimes unavoidable, you should always dig a little deeper when applying for an internship to find out exactly what kind of work you'll be doing.

The chances of getting hired after your internship

Most interns hope to be hired for a full-time job following their internship. While some companies have a good record of hiring interns following the end of their terms, others are more likely to simply replace outgoing interns with new ones.

Browse popular social media sites, like Reddit, or try and contact former interns to find out the chances of being hired full-time after your internship. Make sure you're aware of a particular company's hiring reputation before you apply.

What do you think?

@TalentEgg: #QuestionoftheDay: What do you do to get over "first day jitters" when starting a new job?

- **@megsgreaves:** Make a phone call to a best friend for a pep-talk! Jitters disappear when you realize how much people support you no matter what!
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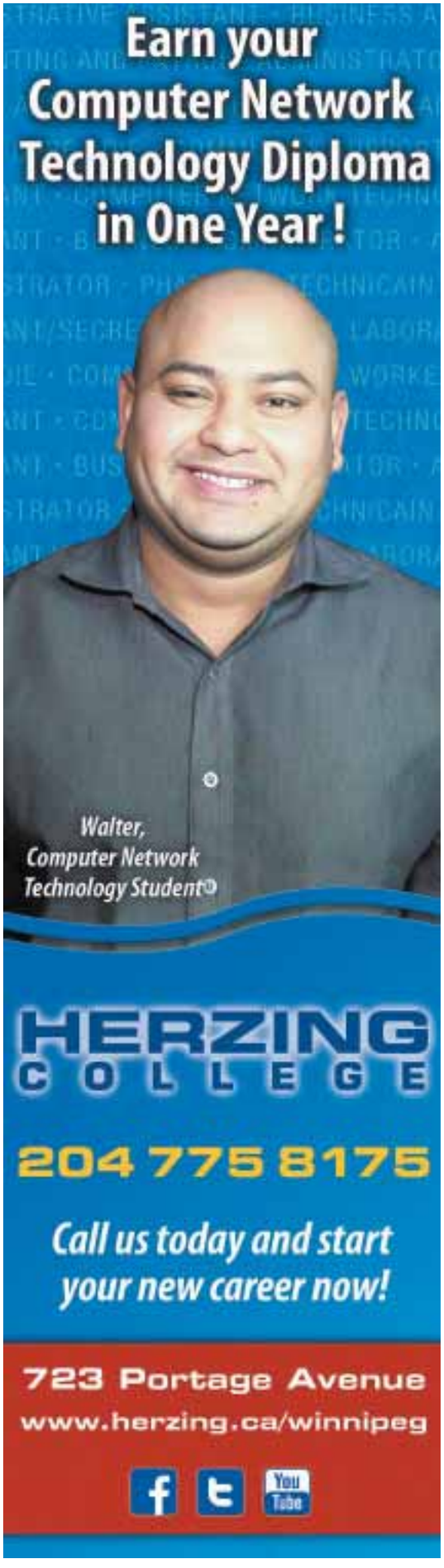
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 21, 2013. PLEASE QUOTE: "Graphic Designer - Winnipeg" in the subject line. All submissions will be treated as confidential.
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From generic job to a work of art

Changing gears.
Later-in-life careers in art can prove rewarding to retirees and weary employees

One was a stockbroker, another a therapist. And there's even a small-business owner. Each retired from a traditional career and launched into another in the arts.

"Do I still have nightmares about the other (job)? Yes," says Bill Sanders, a Steamboat Springs, Colo., ceramics artist who is retired from the lumber and wood flooring business he owned for 20 years. He says he still wakes up sometimes in a cold sweat worrying about whether some shipment is making it to a job site on time. Then he realizes he doesn't need to worry about that anymore.

A pair of Bill Sanders' blue ceramic horses. BILL SANDERS, TIM MURPHY / THE ASSOCIATED PRESS

These days, Sanders, 64, keeps to the outdoors — he skis during the winter and volunteers for the U.S. Forest Service during the summer — and creates his artwork, which includes dishware, decorative pots and sculptured horses.

Jennifer O'Day, 61, of Austin, Texas, is a former stockbroker who says her mixed-media artwork nourishes all her senses.

"It really sharpens my ability to see visually and perceptively," says O'Day. "It's not just about my mind and my hand accomplishing something. It engages that whole mind-body-soul thing."

She was born into a business-oriented family, so that was in her blood, she says. The art she nurtured.

"I wanted to do something that was closer to the bone and less about the money," O'Day says about the portraits she now assembles.

There's one aspect of her old stockbroker life that she sometimes misses: engaging with clients. Geri deGruy, 59, also enjoyed her previous career as a therapist in private practice.

She turned from being a therapist to the textile arts.

"Always our time is short —we never know," deGruy says. "I have that urgency every day. I don't want to waste this moment. I don't want to miss this opportunity to play with colour."

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Jonathan Hefney, left, and Chad Faulcon hit the bags during Bombers training camp on Monday. GM Joe Mack says the team will take no immediate action against Hefney over a possession of marijuana charge. JOHN WOODS/THE CANADIAN PRESS

Pot charge 'won't have any bearing': Mack

CFL. Bombers GM stands behind Hefney's assertion of innocence over marijuana possession charge

Jonathan Hefney was mum Tuesday but Winnipeg general manager Joe Mack says the Blue Bombers plan no immediate action against the defensive back over a possession of marijuana charge.

Hefney is proclaiming his innocence. Regardless, the Bombers didn't sound all that concerned about what Mack described as more of a "potentially societal issue right now."

"It, in and of itself, won't have any bearing on his status," said Mack, adding that Hefney would suit up as expected for the Bombers' first exhibition game of the season Wednesday.

The Toronto Argonauts are visiting Winnipeg for the first CFL game at Investors Group field, the Bombers' new $200-million home on the campus of the University of Manitoba.

"Jonathan says that he's completely innocent in this and we're just going to take him at his word, because he is one of our teammates."

Where it went down

The bust occurred just before the main Bomber training camp started, while Jonathan Hefney was driving on May 31 in his hometown of Rock Hill, S.C.

Mack also suggested that the charge might be dealt with quickly.

"It's my understanding that it actually could just go away because there are certain details of that that Jonathan has talked about that I don't want to talk about now."

The Bombers have discussed the case with the authorities in South Carolina and even if Hefney was convicted, Mack suggested it might not impair his ability to play in Canada. But he says that isn't an issue right now.

THE CANADIAN PRESS

NFL

It's Tebow Time in Foxborough

Tim Tebow is back on the field with an NFL team — the New England Patriots.

The Patriots announced the signing of the former Jets quarterback on Tuesday, six weeks after he was cut by New York and just in time for the start of the three-day Patriots minicamp that runs through Thursday.

THE ASSOCIATED PRESS

Tennis

Monfils' knee holding up in comeback bid

Gael Monfils beat fifth-seeded Milos Raonic 6-4, 6-2 in the first round of the Gerry Weber Open on Tuesday, the latest step in the Frenchman's comeback from a knee injury.

Once ranked as high as No. 7 in the world, Monfils, who is now ranked 67th, missed several months in 2012 because of a right-knee injury that also cut his season short.

THE ASSOCIATED PRESS

Sizing up the competition

"I'd rather have the talk about my game rather than just my size."

Zdeno Chara, the Bruins' six-foot-nine defenceman, helped his team hold Penguins Sidney Crosby and Evgeni Malkin pointless in the Eastern Conference final. The Bruins will face the Patrick Kane and Jonathan Toews-led Blackhawks in the Stanley Cup final. Game 1 will be played Wednesday night in Chicago.

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Stout looks to celebrate a decade in MMA with a bang

Sam Stout will fight in his 30th MMA bout this Saturday in Winnipeg.
RICHARD WOLOWICZ/GETTY IMAGES

UFC 161. Saturday fights mark UFC debut in Manitoba capital

Just 29, Canadian lightweight Sam (Hands of Stone) Stout is celebrating an anniversary of sorts at UFC 161.

He made his pro debut as an MMA fighter 10 years ago this month at a show in Cicero, Ill., where he was choked out in the first round by Jay Estrada.

"I do feel a little bit old sometimes," conceded the 155-pounder from London, Ont. "Especially when you see some of these younger guys coming up that are so good, in their early 20s still. It's like 'Wow, I remember when that was me.'"

Stout (20-8-1) has lasted more than seven years in the UFC, making his debut at UFC 58 back in March 2006.

The only other Canadian fighters active in the UFC who started earlier are welterweight champion Georges St-Pierre (UFC 46), bantamweight Ivan (The Pride of El Salvador) Menjivar (UFC 48) and middleweight-turned-welterweight Patrick (The Predator) Cote (UFC 50).

Stout's Octagon record is 8-7 heading into Saturday's fight with James Krause (19-4) as the UFC visits the Manitoba capital for the first time. Krause, a late injury replacement for Isaac Vallie-Flagg, is making his UFC debut after going 0-2 in the WEC.

Stout has alternated wins and losses in his last five fights but has won six bonuses, one for knockout of the night and five for fight of the night.

THE CANADIAN PRESS

Decade

"It's a cool feeling. It's something I'm proud of, the fact that I've withstood the test of time."

Sam (Hands of Stone) Stout on making it 10 years as an MMA fighter.

Rosi Sexton

Brainiac turned cage fighter can break you, then help fix you

Lawyers, engineers, teachers. There has been no shortage of brainiacs fighting in a UFC cage.

But Rosi Sexton may have raised the bar when it comes to MMA fighters' education. The 35-year-old Sexton has a degree in mathematics from Cambridge, a PhD in theoretical computer science and a degree in osteopathy.

She can break you, then help fix you.

On Saturday, the brainy bantamweight from Manchester becomes the first English woman to fight in the UFC when she takes on Canadian Alexis Davis (13-5) at UFC 161 in Winnipeg.

"I would never have imagined growing up that I would be a professional athlete," said Sexton. "In fact, if you'd said that to any of my classmates, they would have laughed at you. I was the nerdy kid who didn't particularly get on with sports at school.... But I can say it's been a hell of a journey."

Sexton, a pioneer in the women's side of the sport, made her pro debut in May 2002. She had never been in a full-contact fight and had only done limited sparring in training.

"But at the same time I didn't know when there was going to be another opportunity, because there was so little of it going on," she said.

So she took the fight, winning by a first-round submission.

Eleven years and 14 fights later, Sexton finds herself entering the sport's biggest spotlight. Having spent most of her career fighting at 125 pounds, she wasn't sure if the UFC's decision to open the door to female 135-pounders was for her.

But she sat down with her team and asked whether she could fight at 135.

"We decided it was too good an opportunity to turn down .. It's something that I want to be part of," she said. "Especially at this time in history, when women are just starting to get involved in the UFC, it's a fantastic time to be involved in all that and to be making history."

THE CANADIAN PRESS

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Chicago at Boston, 8 p.m.
Wednesday, June 19
Chicago at Boston, 8 p.m.
Saturday, June 22
x-Boston at Chicago, 8 p.m.
Monday, June 24
x-Chicago at Boston, 8 p.m.
Wednesday, June 26
x-Boston at Chicago, 8 p.m.
x — played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	9	12	21
Horton, Bos	7	10	17
Malkin, Phg	4	12	16
Letang, Phg	3	13	16
Crosby, Phg	7	8	15
Sharp, Chi	8	6	14
Hossa, Chi	7	7	14
Kane, Chi	6	8	14
Bickell, Chi	8	5	13
Voynov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Lucic, Bos	3	10	13

NBA PLAYOFFS

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(Series tied 1-1)
Tuesday's result
Miami at San Antonio
Sunday's result
Miami 103 San Antonio 84
Thursday's result
San Antonio 92 Miami 88
Thursday's game
Miami at San Antonio, 9 p.m.
Sunday's game
Miami at San Antonio, 8 p.m.
Tuesday, Jun. 18
x-San Antonio at Miami, 6 p.m.
Thursday, Jun. 20
x-San Antonio at Miami, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	40	26	.606	—
New York	37	26	.587	1½
Baltimore	37	28	.569	2½
Tampa Bay	35	29	.547	4
Toronto	27	36	.429	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	35	27	.565	—
Cleveland	30	33	.476	5½
Kansas City	29	32	.475	5½
Chicago	28	34	.452	7
Minnesota	27	33	.450	7

WEST DIVISION

	W	L	Pct	GB
Texas	38	25	.603	—
Oakland	38	27	.585	1
Seattle	28	37	.431	11
Los Angeles	27	38	.415	12
Houston	22	43	.338	17

Tuesday's results
Baltimore 3 L.A. Angels 2
Tampa Bay 8 Boston 3
Cleveland at Texas
Philadelphia at Minnesota
Toronto at Chicago White Sox
Detroit at Kansas City
N.Y. Yankees at Oakland
Houston at Seattle
Monday's results
Baltimore 4 L.A. Angels 3
Boston 10 Tampa Bay 8 (14)
Texas 6 Cleveland 3
Chicago White Sox 10 Toronto 6
Kansas City 3 Detroit 2
Seattle 3 Houston 2
Wednesday's games
All times Eastern
L.A. Angels (Williams 4-2) at Baltimore (Hammel 7-4), 12:35 p.m.
Detroit (Verlander 8-4) at Kansas City (Shields 2-6), 2:10 p.m.
Boston (Aceves 2-1) at Tampa Bay (Archer 1-1), 7:10 p.m.
Cleveland (Jimenez 4-4) at Texas (Tepesch 3-5), 8:05 p.m.
Philadelphia (Cloyd 2-2) at Minnesota (Pelfrey 3-6), 8:10 p.m.
Toronto (Rogers 1-2) at Chicago White Sox (Sale 5-4), 8:10 p.m.
N.Y. Yankees (Hughes 3-4) at Oakland (Straily 3-2), 10:05 p.m.
Houston (Lyles 3-1) at Seattle (Bonderman 1-1), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	25	.609	—
Washington	31	31	.500	7
Philadelphia	31	33	.484	8
New York	23	36	.390	13½
Miami	19	45	.297	20

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	42	22	.656	—
Cincinnati	38	26	.594	4
Pittsburgh	38	26	.594	4
Chicago	25	36	.410	15½
Milwaukee	26	38	.406	16

WEST DIVISION

	W	L	Pct	GB
Arizona	36	28	.563	—
Colorado	34	30	.531	2
San Francisco	33	30	.524	2½
San Diego	30	34	.469	6
Los Angeles	27	36	.429	8½

Tuesday's results
Pittsburgh 8 San Francisco 2
St. Louis 9 N.Y. Mets 2
Miami 5 Milwaukee 4
Cincinnati at Chicago Cubs
Washington at Colorado
Atlanta at San Diego
Arizona at L.A. Dodgers
Monday's results
Milwaukee 6 Miami 1
Cincinnati 6 Chicago Cubs 2
San Diego 7 Atlanta 6
Arizona 5 L.A. Dodgers 4
Wednesday's games
All times Eastern
Cincinnati (Leake 5-3) at Chicago Cubs (Wood 5-4), 2:20 p.m.
Atlanta (Maholm 7-4) at San Diego (Volquez 4-5), 3:40 p.m.
San Francisco (Zito 4-4) at Pittsburgh (Liriano 4-2), 7:05 p.m.
St. Louis (Miller 7-3) at N.Y. Mets (Gee 4-6), 7:10 p.m.
Milwaukee (Figaro 0-0) at Miami (Slowey 2-5), 7:10 p.m.
Washington (Ohlendorf 0-0) at Colorado (De La Rosa 7-3), 8:40 p.m.
Arizona (Corbin 9-0) at L.A. Dodgers (Ryu 6-2), 10:10 p.m.

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2014 Jeep Cherokee

ALL PHOTOS WHEELBASEMEDIA.COM

Compare

1 Nissan Xterra
Base price: $33,900

2 Subaru Outback
Base price: $30,100

2014 Jeep Cherokee

- **Type.** Four-door, front- /four-wheel-drive compact sport utility vehicle
- **Engines (hp).** 2.4-litre DOHC I4 (184); 3.2-litre DOHC V6 (271)
- **Transmissions.** Nine-speed automatic
- **Base price (incl. destination)** $28,000 (est.)

The Cherokee in its natural habitat

Design

It's as if the designers snuck a futuristic concept model out the back door and ordered up full production before any of the higher-ups got wise to the plan. The rest of the sheetmetal appears tame by comparison, but encasing the body in protective lower cladding gives the Cherokee a handsomely rugged silhouette.

Technology

All but the most basic Cherokee models feature 12.7 or 21-centimetre touch-screens, depending on the trim level, that operate climate, communications and infotainment systems.

Engine

Concurrent with its groundbreaking design, the 2014 Cherokee takes a fresh approach with its powertrain offerings. Base models feature a Fiat-designed 2.4-litre four-cylinder worth 184 horsepower and 171 pound-feet of torque.

Review. Old brand back from the dead with a new look, and it's steeped in technology

MALCOLM GUNN
wheelbasemedia.com

Are you shocked and slack-jawed about the 2014 Jeep Cherokee that will arrive later this year?

Who can really blame you? After all, it was the immensely popular — and very square — XJ-designated Cherokee that introduced truckloads of buyers to the virtues of four-wheel-drive as far back as 1984. For the next two decades, it remained steadfastly unchanged until the Liberty stepped in for the 2002 model year.

With the Liberty's retirement, however, Chrysler-Fiat's off-road division has resurrected the Cherokee brand, but with a significant — and controversial — shift in direction. For starters, instead of the brick-like original, the latest model has some seriously modern sculpting going on.

All by itself, the pinched and pointy-nose grille says plenty about the risk that Jeep's designers have undertaken in creating the new Cherokee. Then there are the eyelid headlights that would have been impossible to imagine on any production car, Jeep or otherwise ... until now, that is.

The interior is also as modern as the outside. In the last few years Jeep has switched from utilitarian hard plastic dashboards to creating inviting soft-touch shapes. The split-folding and fore-/aft-sliding second-row seat is standard, while an available fold-flat front passenger seat has storage beneath the flip-up bottom cushion.

Front-wheel-drive is the Cherokee norm, but buyers will be able to choose from three different four-wheel-drive setups, depending on trim level. Active Drive I, optional in the Sport, Latitude and Limited editions, is a single-speed unit that kicks in automatically whenever tire slip is detected.

Active Drive II, also available in the same models, comes with a two-speed transfer case and is designed for off-road use with either the four or six-cylinder engines. However, for rock crawling and boulder hopping, Active Drive Lock, as the name implies, locks up the rear differential in low range.

All 4x4 systems include Selec-Terrain traction control with five different settings to match the kind of ground you're on (snow, mud etc.

Pricing for the base Cherokee Sport will likely start in the upper-$20,000 range, which sits between the smaller $18,500 (base price) Compass and the larger $40,000 Grand Cherokee, effectively providing a brand-new product in a crucial size and price niche. But what about the controversy? Forget about it. The Cherokee has veered off its traditional path to seek out new worlds and supporters.

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Parts Department

WHEELBASE MEDIA

Get a grip

Driving gloves aren't just for dilettantes who simply want to show off. They keep your sweaty hands off the steering wheel, which gives you a better (and safer) grip. Italian glove maker Fratelli Orsini produces a wide range of gloves for both men and women made from fine Italian lambskin leather. They include vent and knuckle holes and a snap closure that ensures a proper fit. The company's selection also includes fingerless styles. All are available in small, medium, large and extra-large sizes. Prices range from $11 US for fingerless versions right up to $176 for the top-of-the-line cashmere-lined deerskin gloves. Fratelli Orsini products are sold online through leatherglovesonline.com.

Protect your pooch

It's amazing how many people fail to properly secure their pets when hitting the road. To extend some common-sense travel protection to your best friend, consider a Kurgo Tru Fit Smart Harness. This product is manufactured using the same webbed material used to make seatbelts. As well, the adjustable padded chest plate adds an extra measure of doggie safety and comfort. The harness can also be used when taking your pet outside for a walk. And with the optional zip line, your dog can still safely roam around the back seat. The Smart Harness retails for $23 US, while the zip line is a $20 option, or you can purchase both together for $38. You can check out the complete line of canine restraint systems at kurgostore.com.

Art works on wheels

Models are OK for some, but for others, a classic racing car sculpture, especially one created by Mark Maholm will be a much better choice. His hand-made 1:6-scale labours of love are built with solid resin composites and finished in several coats of acrylic lacquer. Most of Maholm's pieces are more than 60 centimetres in length and weigh about 11 kilograms. His website displays a number of Ferraris, but Maholm has also done some profile pieces as well as a series of 1967 Formula One racecars that include the Dan Gurney Eagle, Lotus 49 and Ferrari 312. Prices vary depending on the complexity of the piece, but start at about $6,500 US for the 1:6-scale cars and $800 for the 1:10-scale side profiles. Visit markmaholm.com.

A rolling table

As you're no doubt aware, there's an abundance of gadgets you can attach to your vehicle's trailer hitch other than an actual trailer. One of the latest is the Tailgate Partymate Beer Pong Camping Table. Although the name implies some sort of ritualistic beverage-consuming contest, the real uses for this item include a dining/condiment table, or as a support for portable barbecue. The unit with its 45x90-centimetre twin-table, swing-out design will fit any standard two-inch receiver and weighs in at a chunky 23 kilograms. And when not in use it folds and locks unobtrusively against the back of your car, truck, tall wagon or minivan. The Partymate table sells for $300 US at tailgatepartymate.com.

Be the best backseat driver you can be

Autopilot. Give that annoying habit a positive spin by adjusting how you handle the driver

AUTO PILOT
Mike Goetz
drive@metronews.ca

The worst backseat drivers can often sit in the front seat. ISTOCK

The worst back seat drivers are rarely in the back seat. The worst back seat drivers are usually in the front passenger seat, where you can more closely observe and hear how they are supremely irking you, and get you fantasizing about an in-car cattle prod.

But "back seat driver" has become the accepted term for a passenger of any location, who is offering too much driving advice.

Insurance.com recently commissioned a survey on back seat driving, and the responses are, well, entirely predicable.

Who are the worst back seat drivers? Husbands and wives.

The two most annoying things they do? Commenting on driving speeds. Giving unwanted directions.

But insurance.com offered some useful advice on how "back seat drivers" can voice legitimate concerns without having it sound like a declaration of war. Basically it's not what you say, but how you say it.

For example, if you're the passenger and really disliking the Miles Davis playing on the stereo, don't say something like, "Jazz is a load of pretentious elephant dung, appealing only to pompous pseudo-intellectuals who only pretend to like it," and then violently change the station until you find something by Avril Lavigne or Justin Bieber.

Better, says insurance.com, that you ask the person if they would mind if you change the station.

Or better yet, discuss which kinds of music or artists you both like, and then mutually agree on a select few stations or music genres.

Same thing when the driver is driving too fast. Don't say he or she is driving like a complete idiot.

Or even like an incomplete idiot, because that is just as insulting and actually a more difficult concept to understand.

Rather, say how the speed is making you feel uneasy and unsafe, so you trigger the driver's better nature, and get them to think about how they are responsible for your safety and have the capacity to make you feel better.

I think, and I hope, that navigation systems have lessened the friction between driver and their passengers, when it comes to finding your destination and the best way to get there.

But I hope it doesn't totally eliminate that rich communication experience that arises when driver and passenger vigorously debate over which route is the better one to take when time is extremely tight.

Oh, how we would miss the tension, the creative adjectives, and the eating of words when your choice ultimately proves disastrous.

Like everything, it comes down to basic courtesy and grace, for both drivers and back seat drivers. In that vein, check out this comment from one of the survey's more gracious respondents: "My wife has helped me avoid many an accident by paying attention to the road."

The worst offences

As reported by 500 respondents to a survey commissioned by insurance.com

- Comments on driving-speed.
- Give directions
- Talks too much
- Pushes imaginary brake pedals
- Fiddles with stereo
- Sings and eats messily.

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†Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. ▲Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of $19,995 on 2013 Impreza 2.0i 4-door (DF1 BP). MSRP excludes Freight & PDI of $1,595. Taxes, license, registration and insurance are extra. $0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of $26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.

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Summer weather puts the heat on your vehicle

Driving Force. When temperatures soar your tires and engine can fail as a result

JIL MCINTOSH
Drive@metronews.ca

Slow, crawling traffic in warm weather can be the most punishing. PROVIDED

Not all cars have them but if yours has a temperature gauge keep an eye on it to avoid any engine damage and possibly a break down. PROVIDED

As the weather gets hotter, your car comes under a lot of stress. You can't change the weather, but you can take steps to ensure your vehicle won't leave you stranded.

"Heat brings out failure, because it puts stress on the components," says Ben Spatafora, national director for CarCostCanada.

It's important to check your tires regularly. Along with the air pressure and tread depth, you should also examine the sidewall for any bulges, bubbles, cracks, or cuts. "A slight bulge may be fine in normal driving, but get on the highway when it's hot, and that bulge can explode," Spatafora says.

If you still have your winter tires on, it's time to change them, since they wear much faster in hot weather.

Open the hood and check the belts and hoses. There should be no cracks in the belts, and the hoses should feel similar to a garden hose when you squeeze them (do this only when the engine has cooled completely). If they're too hard or too soft, it's time to replace them. If they crack or break while driving, they'll leave you stranded.

It's a good idea to switch to summer windshield washer fluid, which doesn't evaporate as quickly on hot glass. "If the outside temperature is 30C, the windshield could be 50C," Spatafora says. That heat bakes on any road grime, bugs or bird droppings, so summer fluid contains detergents for better cleaning.

Modern engine oils are formulated for high heat, but they do break down and provide less protection as they get older, so follow the manufacturer's recommended maintenance. If you drive frequently in stop-and-go traffic, or usually make short trips, follow the "severe use" schedule.

During the oil change, your technician should check the engine coolant strength to be sure it can take high temperatures. If your vehicle has a temperature gauge (not all do), it's normal for the needle to rise slightly in slow-moving traffic, or if you're towing a trailer.

But if it rises quickly, or if a red warning light comes on, pull over as soon as you can and shut the car off to avoid the potential for engine damage.

Helpful hints

- **Shade is good.** Use automotive sun shades on side windows to protect rear-seat occupants from sunburn. Don't put a blanket in the window, which obscures your vision.
- **Big no-no.** Never leave children or pets in a parked car. Even with the window cracked open, the interior can get hot enough to cause brain damage or death, and in only a few minutes if it's really hot outside.
- **Coolant not water.** Always use engine coolant, not water, since coolant has a higher boiling point and helps resist corrosion.

Horoscopes

♈ Aries
March 21 - April 20
Make this a relaxed and easygoing day. Certainly don't use up all your energy on career and financial issues. There may be a dozen or more new things you want to do but you can't do them all at once.

♉ Taurus
April 21 - May 21
Focus on the good things in life and the bad things won't seem so important. Personal relationships will bring much joy over the next few days.

♊ Gemini
May 22 - June 21
You may be hugely talented and highly independent but you don't have to go it alone. The planets make it easy for you to persuade others to help you on whatever quest you have embarked.

♋ Cancer
June 22 - July 23
You must think before you act today or you could offend someone you will need to stay on good terms with. You don't have to watch every word you say, of course — just the ones that are potentially hurtful.

♌ Leo
July 24 - Aug. 23
You may not be feeling on top of things now but within a matter of days your confidence will return and anything will seem possible.

♍ Virgo
Aug. 24 - Sept. 23
According to the planets you are holding back from doing something because you don't want to harm your reputation. That's never been a problem in the past, so why should it be such a huge problem now?

♎ Libra
Sept. 24 - Oct. 23
The more someone tries to change your mind about an issue the more you must stand your ground. If others want to follow the latest fad that is up to them but no way will you be one of the herd.

♏ Scorpio
Oct. 24 - Nov. 22
Forget about the wider world and concern yourself only with your family, your friends and the things in life that give you most pleasure. The world will take care of itself.

♐ Sagittarius
Nov. 23 - Dec. 21
What worries you yesterday won't worry you tomorrow, so why let it worry you today? Enjoy yourself in whatever way seems right and don't give a thought to the consequences.

♑ Capricorn
Dec. 22 - Jan. 20
If a loved one says they want to spend some time alone don't take it to mean that they don't like your company. It simply means they need to get their thoughts together in a calmer environment. Let them.

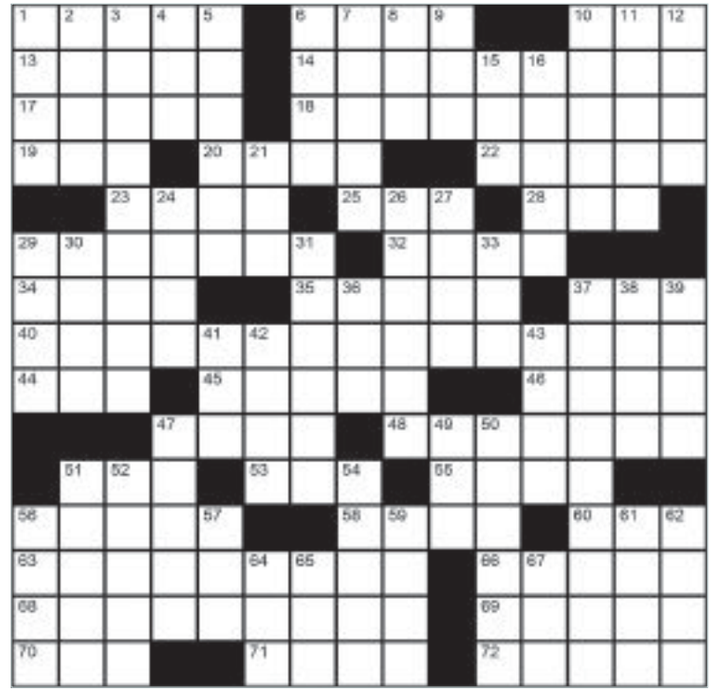
♒ Aquarius
Jan. 21 - Feb. 19
There may have been times in recent weeks when you were not sure you were going to make it, but once again you came out on top and now your confidence is sky-high.

♓ Pisces
Feb. 20 - March 20
A world of possibilities will open up to you over the next few days and by the start of next week you will be moving in a new direction. Just make sure it's the direction that YOU want to go. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

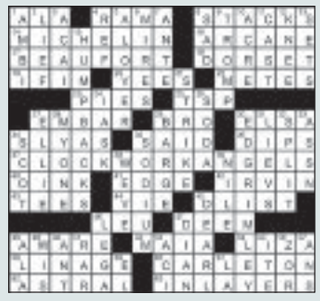
BY KELLY ANN BUCHANAN



Across
1. Nova Scotia town, The Scallop Capital
6. Mr. Neeson
10. Canadian Hip Hop group, __-Paz
13. Based on _ __ story (As some movies)
14. Alberta town between Edmonton and Calgary
17. Some hotel staff
18. The __ Family, as in Canadian comic strip For Better or For Worse
19. New Zealand '80s band, Split __
20. __ Mix (Cat food brand)
22. Terra __ flower pots
23. Adrian of '80s series "T.J. Hooker"
25. Tide type
28. Legendary pitcher Mr. Young's
29. Galore
32. Music genre
34. Get-out-of-jail money
35. Entertain
37. Liable
40. Hit for Quebecoise singer Mitsou: 4 wds.
44. 1995 Tom Cochrane album: 'Ragged __ Road'
45. Easy ____ (Simple)
46. Basset __ (Instrument)
47. Fish of vivid colour
48. Foes to computers
51. Volcano in Japan, Mount __
53. 'Fact' finisher
55. Has a lot of work to do
56. Soap opera, "__ Children": 2 wds.
58. Church section
60. Baseball stat.
63. Carving material
66. __/__ tray (Item on an office desk)
68. Cape Breton __ National Park
69. Oscar-winning actress Patricia's surnamesakes
70. Feminine suffix
71. Musical pause
72. Divine

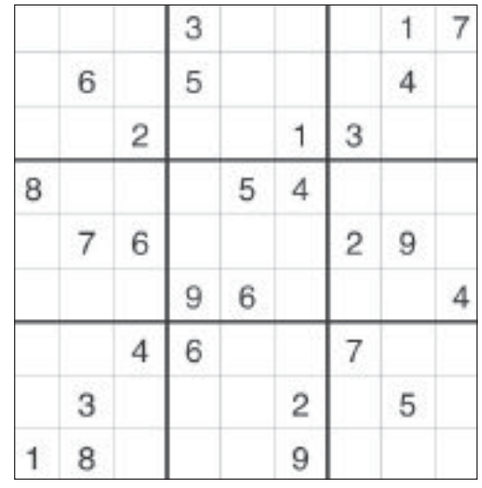
Down
1. Judi Dench's title
2. "I'd consider __ __ honour..."
3. Salmon catchers
4. Pal
5. Flunkies
6. Bev. Hills clinic request
7. Amazed: 2 wds.
8. Carpenter __
9. Univ. in "Good Will Hunting" (1997)
10. Flavourful
11. Uprising uproars
12. Arm bone
15. Minute bit
16. Monk's garb
21. Summer hrs. in Toronto
24. Scary Spice, aka __ _
26. Late morning mealtime
27. Type of pear
29. "Waterloo" group
30. Compensates
31. Big name in motorcycles
33. Corporate VIP
36. Mafia
37. Beatles album: 2 wds.
38. Rich opposite
39. Nautical ropes
41. Mouth, informally
42. Biblical twin of Jacob's
43. Stirfry pans
47. Zing
49. Stomach muscles, commonly
50. Providing lines to actors
51. Arnold Schwarzenegger's middle name
52. Smelting leftovers
54. Brings in the plane
56. Tennis legend, Arthur __
57. Couture monogram
59. Bug
61. Taurus animal
62. Teensy
64. Road coat
65. Two's half
67. Modern

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	5	3	6	2	8	9	4	7
7	9	4	1	5	3	2	8	6
2	8	6	7	4	9	5	1	3
8	1	7	2	3	6	4	5	9
3	2	5	9	8	4	6	7	1
6	4	9	5	1	7	3	2	8
4	7	8	3	6	5	1	9	2
5	6	2	8	9	1	7	3	4
9	3	1	4	7	2	8	6	5

Weather

TODAY	THURSDAY	FRIDAY
MAX: 25° MIN: 13°	MAX: 27° MIN: 15°	MAX: 26° MIN: 15°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

HYUNDAI

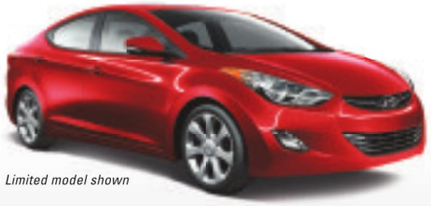
30
—YEARS IN CANADA—
SALES EVENT

0%† FINANCING FOR UP TO 96 MONTHS

ON SELECT MODELS

OR GET UP TO **$10,000** IN PRICE ADJUSTMENTS Ω

CELEBRATE WITH OUR LOWEST PAYMENTS OF THE YEAR



Limited model shown

INCLUDES: 6 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

2013 ELANTRA L

SELLING PRICE: $15,980• ELANTRA L 6-SPEED MANUAL. $1,500 PRICE ADJUSTMENT Ω, FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM▼

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

OWN IT FOR **$77** BI-WEEKLY
WITH **0%†** FINANCING FOR 96 MONTHS
INCLUDES **$1,500** IN PRICE ADJUSTMENTS Ω
NO MONEY DOWN

EQUIPPED WITH SUNROOF AND 16" ALLOY WHEELS

Limited model shown

INCLUDES: AIR CONDITIONING • HEATED FRONT/REAR SEATS • AUXILIARY MP3/USB/iPOD® INPUT • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • POWER SUNROOF

2013 SONATA GLS

SELLING PRICE: $26,700• SONATA GLS AUTO. $1,000 PRICE ADJUSTMENT Ω, FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

HWY: **5.6**L/100 KM
CITY: **8.7**L/100 KM▼

★★★★★
AWARDED THE HIGHEST GOVERNMENT — CRASH SAFETY RATING —
U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

OWN IT FOR **$128** BI-WEEKLY
WITH **0%†** FINANCING FOR 96 MONTHS
INCLUDES **$1,000** IN PRICE ADJUSTMENTS Ω
NO MONEY DOWN

Limited model shown

INCLUDES: AIR CONDITIONING • EZ LANE CHANGE ASSIST • DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST • REAR SPOILER • iPOD®/USB/MP3 AUXILIARY INPUT JACKS

2013 TUCSON L

SELLING PRICE: $20,645• TUCSON L 5-SPEED MANUAL. $1,250 PRICE ADJUSTMENT Ω, FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

HWY: **7.7**L/100 KM
CITY: **10.4**L/100 KM▼

OWN IT FOR **$99** BI-WEEKLY
WITH **0%†** FINANCING FOR 96 MONTHS
INCLUDES **$1,250** IN PRICE ADJUSTMENTS Ω
NO MONEY DOWN

Limited model shown

INCLUDES: SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM • HEATED FRONT SEATS • FOG LIGHTS • ACTIVE ECO SYSTEM

2013 SANTA FE 2.4L FWD

SELLING PRICE: $28,395• SANTA FE 2.4L FWD AUTO. FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM▼

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

OWN IT FOR **$148** BI-WEEKLY
WITH **1.99%†** FINANCING FOR 96 MONTHS
NO MONEY DOWN

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™
HyundaiCanada.com

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Focus Hyundai
1066 Nairn Ave.
Winnipeg, 204-663-3814
or 1-800-545-4488
Dealer Permit # 1383

Murray Hyundai
1700 Waverly St.
Winnipeg, 204-269-5555
Dealer Permit # 4008

Winnipeg Hyundai
3700 Portage Ave. W.
Winnipeg, 204-774-5373
Dealer Permit # 7639

Birchwood Hyundai
2420 McPhillips Street.
Winnipeg, MB, 204-633-2420
Dealer Permit # 4423